

EC302

SIMPLE VEGETARIAN COOKERY

SIMPLE VEGETARIAN COOKERY

By
DR PAUL CARTON

Translated by
ELIZABETH LUCAS



GEORGE G. HARRAP & CO. LTD.
LONDON BOMBAY SYDNEY

First published 1931
by **GEORGE G. HARRAP & CO. LTD.**
39-41 Parker Street, Kingsway, London, W.C.2

*Printed in Great Britain by Richard Clay & Sons, Ltd.,
Bungay, Suffolk*

TRANSLATOR'S NOTE

DR CARTON gives recipes for cooking a number of vegetables which are little known in this country. Among them is the 'Hubbard' squash, the most pleasing and useful variety of its family, and one which can easily be grown in England.

All of the summer spinaches mentioned in this book—aroeche, good King Henry, and tetragon—are worth growing. So is the Swiss chard, a perpetual spinach. Good King Henry has the merit of requiring very little attention in the kitchen-garden, and in the seventeenth century at any rate was considered much superior in flavour and firmness to spinach. Tetragon was introduced into England in the seventeenth century. It grows luxuriantly, and will withstand the greatest heat. Aroeche too thrives in the sun, but runs to seed quickly.

The immense vegetable marrows provided in England would on the Continent be used for feeding cattle. Both in France and Italy varieties are grown which produce a delicate and delicious 'fruit' suitable for cutting in an immature state when it is about the length of the hand. Seeds of *courgettes* (little marrows) can be bought in England, but those interested in vegetable-growing might well experiment with seed from abroad.

Lamb's lettuce, or corn salad, is less popular with us than it should be. It is a healthy and useful winter salad. It must be sown not later than the middle of July, and then again in August. It should be generously watered during hot weather and carefully weeded.

There is a prejudice against the yellow-fleshed varieties of potatoes which Dr Carton so strongly recommends. Yet for frying, for any dish cooked *au gratin*, and for salads they are invaluable on account of their firmness. Every vegetable-garden should contain a patch of one or other of the 'Dutch' (*hollandaise*) varieties, which are grown in every district of France.

In the French edition of this book Dr Carton mentions a number of cheeses which are unobtainable out of France. Of the English cheeses, unknown to the author, which may take their place, only the over-rich and the double-creams should be avoided. It may also be noted that certain kinds of cheese sold in small packets, and made up of otherwise unsaleable stock which has been boiled up, are indigestible, and, owing to the destruction of the ferments originally contained in them, lacking in any special value.

English readers to whom this work is now first presented will no doubt be surprised to find that a book with such a modest title contains many general and interesting ideas. Some will astonish them ; others may be considered unpractical. It is for this reason that Dr Carton has desired that a few prefatory pages of explanation should be added to the text to show how certain of his counsels may be adapted to suit the habits and needs of the Anglo-Saxon race. This task has been entrusted to a distinguished French medical man, who has had the double advantage of knowing the author intimately for fifteen years and of spending much time among English people.

E. L.

PREFACE

A FEW biographical notes concerning the author of this book may be of interest to the reader. Dr Carton was born at Meaux (Seine-et-Marne) in 1875. He went through his medical training at the Faculté de Paris, attending lectures at the Pasteur Institute, and was appointed house-physician to the hospitals of Paris. His thesis concerned with laboratory research (modification of the blood during pregnancy and childbirth) was crowned by the Faculty and the Academy of Medicine. Anyone who has read this book on cookery will understand why we insist on the fact that the author received a scientific education and high medical distinctions.

In 1905 Dr Carton's health, at no time good, was dangerously threatened. He was obliged to leave Paris, and the severe treatment to which he subjected himself made him reconsider all that he had learnt in the School of Medicine. The treatment by means of drugs and super-alimentation which was then applied to a patient of his type seemed to him to be unpropitious, and he was struck by the marked influence of diet, exercise, and intestinal functioning on phenomena hitherto considered as infectious, such as tuberculous suppurations. When his health improved he was appointed physician to the Hospice at Brévannes (a vast agglomeration of some three thousand patients connected with the Paris hospitals), and here he was able to renew his personal experiments on a big scale, and also to condense them into his first book, *La Tuberculose par arthritisme*. This work attracted the attention of French-speaking medical circles. It was, however, a Serbian doctor who pointed out to him that the principles of cure laid down in it were known in German-speaking countries as "naturism." He also brought to Dr Carton's notice such empirical works written during the course of the last century as upheld these doctrines.

Dr Carton while studying these books was struck by their lack of scientific value. He saw that, side by side with sound ideas, there were many that were too crudely affirmed and others that were dangerously false. He undertook, therefore, to re-establish natural medicine on a more logical basis, and wrote his *Traité de médecine, d'alimentation et d'hygiène naturiste*. This work led him back into the history of medicine, and he then discovered that not only the doctrine of naturism, but the word itself, was of very ancient origin.

The doctrine had been clearly expounded in the works of Hippocrates, and also by many other early authors—among them several English writers of the seventeenth and eighteenth centuries. Dr Carton likes to quote the opening sentence of a seventeenth-century treatise by Sydenham: "Disease, however much its cause may be adverse to the human body, is nothing more than an effort of Nature, who strives with might and main to restore the health of a patient by the elimination of the morbid matter." Dr Carton then gave himself up to constructing a medical science based on these principles, on modern scientific theories, and on his own clinical and therapeutic experiments. Merely to glance at the list of his books will give the reader some idea of the scope of the work built up during the course of fifteen years by this man of frail physique, who worked in solitude like a pioneer breaking new ground. Though he was much esteemed by all his colleagues, he deliberately kept aloof from the ordinary medical movements, societies, and current publications. In 1925 he resigned all his official appointments.

His *Traité de médecine naturiste*, first written before the War, was sent to a Belgian printer in 1914. When the author regained possession of it he was obliged to rewrite a great part of the book. In the original manuscript he had dealt with purely material medicine, based on materialist principles. His own experience while practising his art had convinced him that without the idea of God—that is to say, without acknowledgment of the fact that existence has a goal—it was impossible to understand the signification either of disease or cure, or even to understand

and guide human beings, which is the real art of medicine. A great deal of Dr Carton's work, therefore, is spiritual in its nature. The intimate association of cookery recipes with counsels of conduct is not the least original part of his teaching, which aims at restoring that sense of asceticism which our civilization has come near to losing. If the housewife finds valuable help in this work doctors should find in others of his books good methods of treatment and psychologists new and important indications which will enable them to understand the temperament and character of man. Further, anyone anxious about his inward life may read with both profit and delight the two books *La Vie sage* and *Bienheureux ceux qui souffrent*, in which the spiritual attitude of the author, at once ascetic, heroic, and optimistic, makes a stand against anti-Christian influences, and satisfies the deep needs of a generation astray among contradictory impulses.

Dr Carton's work is specifically French, for it was specially written for French people. The question arises whether his books are applicable to the British and the climate of Great Britain. Taken altogether, I should say that they are; but with regard to certain details they are not.

Our business here is concerned with alimentation. Many British readers will assert that life on these islands, with their fogs and lack of sunshine, makes the prohibition of spirits, the restriction of meat, fish, and sweet dishes, and lighter breakfasts unpractical. But after all this is more a question of habit and national temperament than of climate. Wherever enough English people are living together, they create an organization which allows them to follow their national habits, eating exactly what they would if they were at home. I have noted this in Egypt and the Sudan, in Gibraltar and the Canary Islands. Anglo-Indian patients have often described their meals to me; and these, except for a few details, are modelled on those of London. In the same way French families settled in England maintain their French customs with regard to food, and, if these are sensible, retain their health. I have often prescribed diets identical with those followed in France, and with successful results. It is not,

therefore, the climate of Great Britain which dictates the peculiar character of the national British diet.

English alimentary hygiene is in certain ways better than that which is followed by the majority of French people. The cookery is less sophisticated than the French, fewer fats are used, and that variety of dishes which in France leads to over-eating is limited. At the same time, it is by no means faultless. Though the simplicity of their cooked dishes and a love of air and exercise protect the English people from many bodily evils, especially from disfiguring diseases (obesity, ptosis) so common in the *bourgeois* classes in France, the mistakes they make in diet result with remarkable frequency in such disorders as gout, rheumatoid arthritis, dyspepsia, asthma, alveolar pyorrhœa (on the whole very rare in France), not to mention cancer.

Finally, certain peculiarities of the British regimen conform to the temperament of the race. We must remember that this temperament is based on bilious and phlegmatic dominances (as the ancients described them). That is to say, the British constitution is masterful and muscular on the one hand, and gentle and calm on the other. But it is neither very adaptable nor supple, and it is bound by habit, so that there are deep-rooted reasons why the British are such traditionalists and why they carry with them into foreign countries their national customs, in food, sport, and social life.

Much of the advice given in this book should be followed by the reader even if it entails a change of habit. On the other hand, it is important to preserve whatever is good in British diet.

This work is before all things a vegetarian cookery book. The author's theories on the subject of cookery, which have been developed in other books, deserve to be stated here. After long experience Dr Carton came to the conclusion that a diet which contains neither meat nor fish is the best for those who live an exemplary life on the material plane and the higher life on the spiritual side. We can explain his aim, though the expression is slightly exaggerated, by saying that he wishes to procure ideal conditions for ideal people. But more than once he states that a meatless diet can be advised only occasionally, for the inveterate

alimentary habits and artificial character of modern life, and the mental and spiritual character of the majority of men, must be taken into account. Any restriction in the use of meat must be slowly and reasonably brought about even by those who ultimately wish to become strict vegetarians, whether because it is advisable that they should not eat the proteins contained in dead flesh or because they have grown to feel that they ought to give up meat. As a matter of fact, a too sudden and prolonged change of habit often brings about a lack of equilibrium in health. This means that Dr Carton stands apart from fanatic vegetarians.

Both meat and fowl may, therefore, take their place in the midday meal, or they may be replaced by fish. The English, who are fond of fish and can be sure of getting it very fresh in their own country, often digest it better than meat. The opposite applies to France.

But in all countries to eat both fish and meat, especially at the meal which precedes sleep, means slow poisoning. It is better to eat neither the one nor the other at the evening meal.

There are no recipes for cooking meat in this book, because these can be found in any manual of cookery. But there is another reason for this omission. It would have been distasteful to Dr Carton to do for fish and meat what he has done for the other foods about which he writes—that is, not only to prepare them himself, but to eat them in order to try their flavour and test their physiological effect, and then, when necessary, beginning all over again, to modify and experiment. (Dr Carton spent a whole year in his kitchen handling his saucepans, casseroles, strainers, rolling-pins, and weighing-machine—to the great despair of the mistress of the house!)

The fact that in Chapter II the author denounces certain foods as dangerous will doubtless arouse protest in this country. We refer especially to his opinions concerning alcoholic drinks, acid foods, and certain fats. His anathemas hurled at alcoholic drinks will not easily convince every one in Great Britain. People who have fallen into the habit of drawing from strong drink strength which should be provided by their own will-power will

inevitably appeal to the lack of amenity in the British climate. (If they live in hot countries they will appeal to the heat.) No matter what the latitude, alcohol is never anything but an excitant poison which in the long run destroys the body, coarsens the mind, and blunts the spiritual nature ; and this fact is not disproved by the exceptional cases of longevity to be found among alcoholic addicts. It is only too true that alcoholism works fearful havoc among the lower classes of the North of France and the peasants of the West. Unfortunately, the upper classes in Great Britain drink a great deal too much, and this habit if persisted in has a sinister effect. All that can be said for the British is that the over-stimulating action of alcohol, which so excites French people, making them lose all self-control, does not have such a serious effect upon the more placid nervous system of the Anglo-Saxon.

With regard to acid foods, since the author himself has fully explained his ideas on their danger, it is unnecessary to labour the point further, even though such a theory may surprise his readers. Once their attention has been drawn to this matter they will very soon discover that the power to assimilate this class of food is limited, especially in children, who while they are growing have too great use for mineral substances to be able to spare them for the work of neutralizing any excess of acid. In any case, their presence in diet will explain the failure of many vegetarian regimens composed chiefly of acid fruits and tomatoes. Recent researches proving that the blood should keep an absolutely constant hydrogen-ion concentration (P.H.) suggest the means of verifying in the laboratory the conclusions which Dr Carton reached by intuition.

The advice given with regard to fatty substances will also clash with certain English customs—the use of dripping and suet in puddings, of lard in pastry, of cocoa-butter and margarine (these latter are less in demand since the War). Dr Carton especially warns two classes of people against the use of fats: (1) those who suffer from digestive troubles, for in their case the fatty bodies are much more difficult to emulsify than butter and oil, especially when not cooked ; and (2) those persons

already mentioned who cannot digest acid food, experience showing that the consumption of such food is always attended by aggravated symptoms of irritation and by loss of mineral substances, probably caused by fatty acids.

Since we must eat, and since there are so many things that the author of this book advises us not to eat, we will now pass on to Chapter III, which deals with the recommended foods. Here we shall be met with two principal objections: (1) that starchy foods are indigestible and do not provide nourishment; (2) that in winter it is impossible to find enough salads and vegetables in Great Britain to enable people to follow the regimen which Dr Carton so strongly advocates in this chapter.

In dietetics starch is made the scapegoat for all ills, both by doctors and the public. It is very difficult to understand why this ostracism has arisen. It has no foundation in physiology, since carbohydrates, of which starch is the principal, should constitute five-sixths, or, according to certain authors, seven-eighths, of our daily ration. We must remember that it is from these carbohydrates that the body's energy, caloric, muscular, physical, etc., is obtained, and that the proteins which serve to replace the worn material of our bodies cannot provide it, except by being transformed into carbohydrates after the laborious elimination of their nitrogenous elements. All that can be brought forward is that there is a certain incompatibility between an excess of protein and alcohol on the one hand and an excess of starches on the other. I have met with women who were nervous and thin, but in no way diabetic, who contended that they could not digest anything starchy. It is quite true that if they kept to a diet too rich in proteins, putrescible foods, fats, and irritant substances, they would only be able to digest such foods as pass quickly through the gastric tracts. That is to say, they would require stimulating food which would only aggravate the evil, and commit them to an absurd regimen of three or four meals a day composed of meat, fish, eggs, ham, and tea, without potatoes, bread, rice, and other cereals. If such patients would reduce the quantity of proteins and suppress certain irritant substances, and be willing to continue the experiment, they could

be enabled to eat starchy foods. In reality cereals form the basis of human alimentation, and wheat—that is to say, the cereal of the white races—is the best of them all. All the greatest constructional works throughout the world have been carried out by wheat-eating people. There are, however, certain exceptional cases of individual inability to assimilate the proteins contained in oats or wheat, which can be detected by their skin reactions, and these may necessitate the giving up of porridge or wholemeal bread. (The major part of the proteins in grain is, as a matter of fact, to be found in the husks. White bread, freed from the husks, is therefore more easily digested than wholemeal bread.) On this subject the reader may be somewhat surprised at Dr Carton's attitude toward the wholemeal bread which is so warmly recommended in nearly every vegetarian cookery book (see p. 43). He willingly admits that one may eat two or three thin slices of it at breakfast, but advises against its inclusion at any other meal.

It is not true that it is difficult to get vegetables in Great Britain in winter. All the local and foreign-grown kinds are for sale in towns. Further, those vegetables which flourish in the climate of Paris can be grown equally well in England, a country which, although it enjoys less sun than France, is moister and, on account of the Gulf Stream, a little less cold.

As for winter salads, the majority of those eaten in France come from Brittany—that is to say, from a dour country with a climate practically identical with that of the greater part of Great Britain. Corn salad (or lamb's lettuce) is one of the best of winter salads, since it is rich in chlorophyll and can be grown out of doors. It is much used in France, but not so generally here, though it thrives well in these islands and is found self-sown in cornfields (hence the name) after the harvest.

Having explained the author's principles, the question now arises how to compose menus which will satisfy British needs.

With few exceptions an English breakfast should be a more important meal than the *petit déjeuner* of the Continent, chiefly because the English luncheon-hour is later. It should include a hot drink (pure milk should never, save in exceptional cases, be

taken by adults), bread, toast, butter, honey, or jam made with ripe fruit. Fresh fruit and porridge may also be included. There is a stimulating element in wheat which makes it the best of cereals for breakfast, but other varieties may be given (grape-nuts, shredded wheat, Force, etc.). There is nothing better for children. Anyone who has eaten one of these foods should as a rule be able to do without further nourishment till lunch. If any 'sinking' feelings are experienced they may be attributed to a change of habit, and they will disappear in the course of a few weeks. People whose work calls for a great outlay of physical energy in the morning will, however, be the better for taking a little cheese or an egg (never two) for breakfast. Early morning tea and a middle morning lunch should be given up. It must never be forgotten that the full digestion of a meal occupies three hours, and that a short period of rest should always be allowed the stomach between important periods of digestion. It must never be set to work on a new meal before it has finished with the preceding one. The feeling of hunger that is sometimes experienced some two hours after eating is as a rule caused by gastric irritation, and it is a symptom of difficult digestion.

Lunch should contain the three elements necessary for nutrition, and proteins, starchy foods with or without green vegetables, uncooked salads, a little cheese and fruit, with or without a sweet or jam, should be provided according to individual taste or the season of the year.

Unless we do away with dinner, cakes and pastries made with eggs or dripping and meat sandwiches should be avoided in the afternoon. There is no time between lunch and dinner for an important process of digestion to be twice repeated.

It is very illogical, just before going to bed, to take a meal which consists of the most stimulating and rich foods, and to eat a long dinner containing soup made with a meat stock, a fish and a meat or fowl course, a sweet made with eggs, and a savoury of fish, together with more or less varied alcoholic drinks. The meal may be ample, but it is all to the good if vegetable foods predominate. Men who take their lunch in the city will have some difficulty in getting a meatless meal, and this makes it

additionally important for them to do without meat in the evening meal at home as often as possible.

The diets which Dr Carton recommends for children are specially suited to French ways. (It must be remembered that the food eaten in French families is by no means the same as that eaten in hotels.) *The evening meal among the working classes* is taken about seven o'clock (earlier in the country), and consists nearly always of a thick vegetable soup and a sweet. It is quite natural, therefore, that children should share it. The usual English dinner, served much later and composed of richer foods, should not be given to them. They should take a more solid and later afternoon meal than is usual in France. (The French *gouter* generally consists of a slice of bread and a bar of chocolate taken about four o'clock.) If Dr Carton's advice is to be followed, their tea should consist of a soup made with milk, a slightly salted starchy course (potatoes, macaroni, etc.), or a sweet dish (milk pudding), a little sweet uncooked fruit or jam, bread and butter, and a small piece of cheese. The sweet should contain a little egg. If no green vegetable is served at this meal, one should be eaten at middle-day. In no case should children's tea include fresh, tinned, or salted fish (sardines, kippers, etc.) or meat of any kind (potted meat, sausages, etc.).

It should be easy to adapt Dr Carton's book to American habits, for neither in America nor France is there a quasi-national diet: food varies enormously according to the part of the country, class conditions, the family, and even the individual. All that need be said is that it is a good thing to include cereals and fruits at breakfast and that the abuse of acid fruits which is sometimes met with does bring about internal disorders.

To conclude, let me quote a few detached sentences from an English doctor of the eighteenth century whom Dr Carton might well consider as his precursor, George Cheyne, M.D.:

It is *Diet* alone, proper and specific *Diet*, in *Quantity*, *Quality* and *Order*, continued in till the juices are sufficiently thinn'd to make the *Functions* regular and easy, which is the sole universal *Remedy*, and the only *Mean* known to *Art*, or that an animal *Machine*, without being otherwise made than it is, can use with certain *Benefit* and *Success*, which can give *Health*, long *Life* and *Serenity*.

A constant endeavour after the lightest and the least of *Meat* and *Drink* a Man can be tolerably easy under, is the shortest and most infallible *Mean* to preserve *Life, Health* and *Serenity*.

No *Person* of any *Fortune* ever died, or suffer'd acute *Pains*, or *Mortal Distempers*, by the too cool, too little, or too insipid in *Diet*; all by the hot, high and savoury: But *Virtue* and *Health* lie in the *Golden Mean*, so difficult to be found, and only to be secur'd by the lightest and the least a Man can be tolerably easy under.

Water pure, clear and insipid, is the sole *Beverage* that can procure or continue *Health*, and a clear *Head*, being the sole *Fluid* that will pass through the smallest animal *Tubes* without *Resistance*; next to it are aqueous, or weak fermented *Liquors*.

Nothing conduces more to *Health*, and *Long Life*, than *Abstinence* and plain *Food*, with due *Labour*.

Where *Exercise* is wanting (as in *studious Persons*) there is the greater need of *Abstinence*.

Most *chronical Diseases* proceed from *Repletion*.

Water is the most natural and wholesome of all *Drinks*, quickens the *Appetite*, and strengthens the *Digestion* most.

Strong and *spirituous Liquors*, freely indulged, become a certain tho' a slow *Poison*.

There is no *Danger* in leaving them off all at once; the *Plea* for continuing them being false and groundless.

The author of this book might well adopt the following words which Cheyne, at the end of his life, wrote in the preface to his last work:

It would not become me to say, that the Method here laid down, how judiciously soever applied, will in every *Case* absolutely cure or save: This, however, I venture to affirm, viz. that the Continuance of this Method for a due Time, has done, in very bad Cases, and, by God's *Blessing*, will do more than any other which has yet been so strongly and clearly enforced and explained, or is commonly used.

ANDRÉ SCHLEMMER

M.D. Paris

CONTENTS

CHAPTER

PAGE

I. A WHOLESOME DIETARY THE CHIEF FACTOR IN GOOD HEALTH

23

The Programme of Health, *p.* 23

We are the Reflection of what we eat, *p.* 24

The Health and Safety of the Home depend to a
Great Extent on the Supervision given to Diet and the
Kitchen, *p.* 26

Errors of Judgment in Diet, *p.* 27

The Virtues of Good Dietetic Hygiene, *p.* 27

False Gods of the Pharmacopœia, *p.* 27

Perfect Health is the Result of a Synthesis, *p.* 28

II. UNWHOLESOME FOODS

29

Alcohol, *p.* 29

The Flesh of Dead Animals as Food, *p.* 30

Manufactured and Concentrated Food Products, *p.* 32

Over-rich Foods, *p.* 33

Milk as a Drink, *p.* 34

Strong Acids, *p.* 35

White Vegetables, *p.* 37

Unwholesome Fats, *p.* 38

An Unmixed Diet of Cooked Foods, *p.* 39

Forced and Out-of-season Fruits and Vegetables
(*Primeurs*), *p.* 39

III. WHOLESOME FOODS

40

Eggs, *p.* 40

Milk Products (Milk, Sour Milk, Cheese, Butter, Cream),
p. 41

The Cereals, *p.* 43

Starchy Vegetables, *p.* 44

Green Vegetables, *p.* 44

Mushrooms, *p.* 44

Fruits, *p.* 45

Honey and Chocolate, *p.* 46

Oils, *p.* 46

Some Fermented Foods, *p.* 46

Mild Condiments, *p.* 47

The Best Drink, *p.* 48

IV. SYNTHETIC DIET

49

The Organic Budget, *p.* 49The Importance of Uncooked Foods, *p.* 51Vitamins, *p.* 51Alimentation is an Arch, *p.* 53A Belief in Synthetic Dietary should displace the Theory
of Calories, *p.* 55Non-synthetic and Irrational Menus, *p.* 56Synthetic and Rational Menus, *p.* 59

V. THE VARIOUS DIETS

63

Meat Diet, *p.* 63Vegetarian Diet, *p.* 63Vegetable Diet, *p.* 66Fruitarian Diet, *p.* 66Diet of Uncooked Foods, *p.* 67Super-alimentation, *p.* 67

VI. ALIMENTARY ADAPTATION

69

Changes of Diet, *p.* 69Three Different Kinds of Appetite, *p.* 71Various Occupations, *p.* 72Physiological Resistance of the Organs, *p.* 73Classification of Foods, *p.* 74Age and Sex (Diets for Children and Old People), *p.* 77Physiological Conditions (Pregnancy and Nursing), *p.* 83Temperaments, *p.* 84Years and Seasons, *p.* 84Climatic Influences, *p.* 87Illness (Acute Feverish Conditions, Gastro-hepatic
Troubles in Arthritism; Acute and Chronic Enteritis;
Diabetes; Albuminuria; Gout and Chronic Rheuma-
tism; Deficiency of Mineral Salts; Tuberculosis;
Obesity; Emaciation; Furunculosis, Anthrax; Ob-
stinate Eczema; Constipation), *p.* 87

VII. HYGIENIC AND ECONOMICAL COOKERY

99

Eat at Home and learn to cook, *p.* 99Harmful and Wholesome Cookery, *p.* 99Various Ways of Cooking, *p.* 102How to buy Food, *p.* 105The Avoidance of Waste, *p.* 106Organization and Cleanliness, *p.* 108

VIII. VEGETARIAN RECIPES

110

1. Sauces, *p.* 111
2. Eggs: (a) Egg Dishes, *p.* 116. (b) Eggs cooked with Flour, Starchy Vegetables, Cereals, or Milk, *p.* 122
3. Milk, Butter, and Cheese, *p.* 138
4. Soups, *p.* 142
5. Mushrooms, *p.* 153
6. Cereals, Italian Pastes, Rice, and Bread, *p.* 157
7. Leguminous Vegetables, *p.* 173
8. Chestnuts, *p.* 179
9. Potatoes, *p.* 180
10. Vegetable Fruits, *p.* 190
11. Green Vegetables and Roots, *p.* 195
12. Fruits, *p.* 212
13. *Hors d'œuvre*, *p.* 223
14. Salads, *p.* 226
15. Condiments, *p.* 229
16. Jams and Honey, *p.* 235
17. How to warm up Left-over Food, *p.* 246
18. Drinks, *p.* 249

IX. MONTHLY LISTS OF VEGETABLE FOODS—RATIONAL
MENUS

253

1. Monthly Lists of Vegetable Foods, *p.* 253
2. Seasonal Menus for Adults, *p.* 258
3. Menus for Children from Two to Ten Years of Age,
p. 277
4. Simplified Menus, *p.* 284
5. Menus suited to High Altitudes, *p.* 287
6. Menus for Hot Countries, *p.* 289

INDEX

291

SIMPLE VEGETARIAN COOKERY

Chapter I

A WHOLESOME DIETARY THE CHIEF FACTOR IN GOOD HEALTH

The programme of health—We are the reflection of what we eat—The health and safety of the home depend to a great extent on the supervision given to diet and the kitchen—Errors of judgment in diet—The virtues of good dietetic hygiene—False gods of the Pharmacopœia—Perfect health is the result of a synthesis.

The Programme of Health. Health depends upon the way in which the individual conforms to the natural laws which regulate the life of man. The various peoples of the earth secure their normal development only by conforming to well-defined local conditions and by making use of local food products. Man has succeeded in improving many kinds of animals and vegetables only because he has obeyed the natural laws which ensure their life and food. Just as there are special methods in the cultivation of fruit-trees, cereals, and vegetables and exact rules for breeding every kind of animal (cattle, rabbits, poultry, bees), so there are natural laws which preside over the development and progress of humanity.

For this reason we assert that permanent health is the outcome and reward of continued submission to the various conditions of natural hygiene and to a physiological diet which will maintain the vigour of organic resistance and the natural immunities in man.

These laws of health in their entirety form a synthesis—that is, a harmonious group of rules for the conduct of the body, the mind, and the individual temperament.

Illness occurs only as the result of repeated and accumulated violations of the laws governing human life. Infection manifests

itself only as a result of the lowering of resistance in the organic field—for we are always surrounded by the germs of disease, which, however, multiply only in persons whose vitiated body-fluids offer them a favourable medium. A vitiated and poisoned condition of the tissue-fluids is the cause of the majority of cases of illness, chronic or acute. The purity and the strength of the blood, plasmas, and organs depend entirely on the purity of the materials used in building them up. In order to ensure good health it is therefore necessary, above all things, to follow a pure, well-thought-out diet, to breathe fresh, sunny air, and to take as much daily exercise as will enable one regularly to eliminate the waste products of nutrition and the body's poisons.

Diseases cannot, therefore, be cured or health maintained unless a sure finger has been laid on previously committed errors, and each patient fitted with conditions which are best for his way of life and his particular constitution.

We are the Reflection of what we eat. Among the material factors of health the most important is that which concerns the foodstuffs destined to repair chemical and vital losses in the tissues. If a man eats too much, or if he eats too little, if he indulges in toxic food, or if he neglects certain indispensable foods, the results will be the same. He will fall ill either as a result of plethora, of insufficient nourishment, of auto-intoxication, or from deficiency in some element; but the cause of illness will in each case be alimentary. In the first instance he will suffer from digestive disorders (dyspepsia, dilatation of the stomach, congestion of the liver, jaundice, constipation, diarrhœa, hæmorrhoids). These will be followed by disorders of the general condition and of the excretory system (headaches, nervous irritability, fever, influenza, colds, sore throat, skin eruptions), which prepare the way for more definite diseases. Repeated warnings given by both the digestive system and the general state of health before the onset of pneumonia, typhoid fever, appendicitis, or scarlet fever should not only reveal the faults of diet and hygiene, but suggest a correction of these errors rather than the blind taking of medicines which would mask the symptoms without removing the causes.

It has to be admitted, however, that certain people can keep in good health and attain a very advanced age in spite of the most serious errors in diet. For example, confirmed drinkers may pass through life without suffering from any severe illnesses. But these are cases of exceptional resistance, and it will be found that such persons are nearly always particularly robust and at a short remove from country stock and can for the time stand overdrafts on the digestive capacity. All the same, the evil done bears fruit. The exuberant healthy individual escapes, but his descendants suffer, and degeneration and decay appear in them. Arthritic diathesis will manifest itself in the second generation, and in the third diseases caused by chronic exhaustion—glandular insufficiencies, multiple sclerosis (which are the essence of intractable arthritis), diabetes, albuminuria, tuberculosis, cancer, insanity, and mental deficiency. Finally the fine stock dwindles into physiological ruin, because through two or three generations its reserves of strength have been squandered in the abuse of alcohol, or, again, of meats, fish, sweetmeats, and manufactured or adulterated or excitant forms of concentrated food.

Even character is at the mercy of diet. Alcohol sends people mad. The abuse of fermented drinks, of coffee, tea, sugar, and tobacco, disturbs the mind and causes lack of balance. The excessive use of meat makes men brutal and passionate. On the other hand, the pure, mild, and little-concentrated food furnished by a vegetarian diet tends to restore poise in the mind and harmony in the character.

The alimentary factor has a great effect on the mentality of the human races. Nations that drink beer and eat pork-butchers' products and sour condiments are heavy and brutal. The wine-drinking Latins are explosive. Abuse of acid fruits (oranges, lemons, tomatoes) and strong condiments (garlic, onions, pimentos, vinegar) produces irritable and unsociable races (the Spanish). Men who live on nothing but fish and fats put on flesh and are behind the times (Eskimo). Nations who eat an excessive amount of meat are selfish and encroaching. Vegetarian populations (Hindus and agricultural labourers) are

steady, pacific, and sensible. Modern nations lead restless lives, and are the victims of the madness of revolutions and wars, because of the insane increase during the last century in the production and consumption of over-stimulating foodstuffs (alcohol, meat, sugar, tea, coffee, and tobacco). If only man would learn to eat wisely and to adopt a mild and pure diet health and peace would reign among the nations.

The Health and Safety of the Home depend to a Great Extent on the Supervision given to Diet and the Kitchen. Misunderstandings, illness, invalidism, and even ruin come to the homes in which people do not know how to feed themselves properly. Resources spent in buying expensive, unwholesome articles soon come to an end. Toxic food, over-stimulating drinks, ill-composed menus, complicated and ignorant cookery, result in painful disorders and nervous irritation, auto-intoxication, and lack of proper balance in the body-fluids. And these in their turn lay the deplorable foundations of long days of illness, entail medical and surgical expenses, and lead to auto-intoxication from drugs, constant pain, aggravated relapses, and premature death.

On the other hand, it is impossible for anyone suffering from illness to regain health and be fitted to take up the threads of life again if he cannot control his diet and home cookery. No one can be cured by following the fashionable diet of the moment, any more than he can be cured if he continues to eat unwisely or to take the meals provided for him in restaurants, hotels, and nursing-homes, where he will be the victim either of the worst kind of dietetic errors or of the sophistications of culinary art.

People who are entirely at the mercy of their servants in the matter of buying and preparing food are to be counted unlucky. The fortunate are those simple people who understand the science of providing food, look upon making that provision as a duty, and are able to prepare and cook their own simple meals. They can make the best of any circumstances, and can teach others to carry out what they have first of all learned to do for themselves. Blessed is the woman, priestess in her home, who

can establish order and punctuality, and provide the well-balanced diet and the simple cookery which are the fundamental elements in the health of her household.

Errors of Judgment in Diet. The chief vices committed in connection with diet are those which result from ignorance, from a blind following of routine, and from greediness.

Ignorance allows people to believe that the more they eat the stronger they will be; that the more they use themselves up by over-stimulation, and the more they absorb strong foods, the better they will be able to resist fatigue and illness; that food supplies energy without expending it (in the work of digestion, assimilation, and elimination); that delicate or ill people can regain health only by taking a great deal of food and tonic wines.

Routine makes people believe that the best plan is to follow every one else's example; that health is not the result of a reform in diet, but the consequence of hardening the organs to resist faults in nourishment (lack of a good regimen, consumption of wines and underdone meats).

Greediness makes people stuff themselves without rhyme or reason and demand the richest and most stimulating dishes.

The Virtues of Good Dietetic Hygiene. To eat sanely, to know how to choose foods useful for the body, to draw up reasoned menus, and to be able to cook well and simply implies the realization of the primordial virtues of order, simplicity, regularity, and discipline, which form the foundations of material health and spiritual development; for it is by learning to take trouble in the smallest things that we are enabled to triumph over serious difficulties, and so to make sure progress in life.

False Gods of the Pharmacopœia. When dealing with indispositions or illness it is childish to believe that all that has to be done is to invoke the little chemical and opotherapeutic gods, buy and take them in the form of pilules, cachets, potions, or injections, and then hope to be absolved from obeying laws natural and supernatural, to get away from the penalties and purifications by disease, and to ensure perpetual impunity without troubling to reform bad habits.

When menaced by illness, or when disease has declared itself, there is one way only of salvation—that is, to examine one's daily diet and rules of hygiene, either unaided or with the help of enlightened advice, and thus discover and then follow a line of conduct exactly opposed to the one which brought about the disorder. In this way it will be possible to convince oneself that a pure diet, sobriety, and hygiene count for more in the up-building of health than any medicine. It must be recognized that wisely chosen food is as efficacious as any medicine, and that in a healthy diet we have not only the best preservative of health, but a fundamental treatment in illness.

Perfect Health is the Result of a Synthesis. A rational diet and careful cooking are essential, but they must not lead to the neglect of other considerations (exercise, rest, hydrotherapy, air- and sun-baths,¹ spiritual discipline). Even the wisest rules for the material care of the body will not yield satisfactory results unless those factors which govern the vitality, temperament, and mind of man are also observed. That is why the religious discipline of the mind (among other exercises) is indispensable in helping us to accept restraints, to submit to self-denials, and to understand the purposes of spiritual advancement which lie concealed under the very humble precautions and the sacrifices of sensual pleasure that the practice of a naturist diet entails.

¹ At the same time, we should avoid the exaggeration of the cult of the nude, which is a doctrine of moral degradation having nothing in common with the wise naturism of Græco-Latin origin.

Chapter II

UNWHOLESOME FOODS

Alcohol—The flesh of dead animals as food—Manufactured and concentrated food products—Over-rich foods—Milk as a drink—Strong acids—White vegetables—Unwholesome fats—An un-mixed diet of cooked foods—Forced and out-of-season fruits and vegetables (*primeurs*).

Alcohol has never had any food value. It is a stimulant, and it is also a poison. It stimulates in order further to depress; it warms so that in the hours that follow drinking it may still further chill. It is a concentrated poisonous industrial product, and not one spontaneously offered by nature to man. In order to obtain this irritant drink, which burns up the mucous membranes, destroys the stomach and the liver, hardens the blood-vessels, dries up the glandular secretions, and overworks the nervous system, it was necessary to invent the process by which fermented fruits could be distilled.

Alcoholism is a scourge which ruins individuals, families, and nations by causing those illnesses which follow degeneration (tuberculosis, cancer, multiple sclerosis, and insanity). It is the source of innumerable social evils (crime, suicide, tragedies, unhappiness, chronic ill-health, poverty, and revolt), and of the outlay on providing treatment for drunkards and police to control them.

The enormous spread of alcoholism dates from the manufacture for commercial purposes of alcohol from beetroot and other vegetable products (wood, molasses, etc.). The distilling of beetroot spirit in France from 1840 to 1850 did not exceed 11,000 gallons; in 1912 it reached 35,200,000 gallons. Similarly the consumption of alcohol was nearly doubled between 1850 (19,800,000 gallons) and 1911 (34,628,000 gallons). Sellers of alcohol in 1830 numbered 281,000 and in 1912 507,000. The

100,000 home distillers of 1860 increased to a million in 1910. Corresponding with this increase there was an alarming increase in suicide and lunacy. Asylums in 1830 contained 10,000 inmates; in 1913, 101,740. In 1830, 1739 suicides were recorded; in 1913 their number exceeded 10,340.

Any man who is concerned for his moral worth, his physical well-being, the future of his family and the race, should feel himself bound to refuse to touch alcohol (brandy, whisky, liqueurs, absinthe). The most brilliantly successful athletes competing in international championships as a rule abstain entirely from alcohol, and often from every form of fermented drink. Relying on experience, these men have realized that alcohol is neither a source of energy nor of endurance; that it destroys muscular strength and breaks down nervous resistance.

No kind of *apéritif* or liqueur or alcohol should be kept in the house. It is more important for women, with their delicate nervous system, than for men to abstain from alcohol—even when prepared in such a way as to constitute a ‘lady’s liqueur’ (anissette, Chartreuse, Benedictine, etc.).

Even fermented drinks are neither healthy nor sedative. To drink a litre of wine—of claret, for instance, which contains 10 per cent. of alcohol—means that you have consumed a glass of brandy (*eau de vie*) containing 50 per cent. of alcohol. Wine is not essential to good health or strength. The only healthy drink is pure water.

The Flesh of Dead Animals as Food. The tissues of all carcasses, including fish, shellfish, etc., must be included among the most toxic and putrescible of foods. To eat such food is contrary to human nature—that is to say, to human instinct, and to the anatomical and physiological structure of man’s body. The most celebrated naturalists (de Buffon, Linné, Daubenton, Cuvier, Flourens, Milne-Edwards) have laid it down that man, by his anatomical characteristics (teeth, hands, nails, digestive tracts), cannot be classed either among the carnivorous, the herbivorous, or the omnivorous animals, but with the frugivorous, such as apes, which live chiefly on vegetables and fruits.

Instinct incontestably confirms this theory. Children raid orchards, but it never occurs to them to steal meat from butchers' shops; and how many adults would continue to be meat-eaters if the task of killing what they ate fell to them? The art of cookery (browned dishes, sauces, condiments) became necessary in order to make it possible for civilized man to eat dead flesh, which otherwise would have been repellent to sight, smell, and taste.

The intestinal putrefactions and toxic absorptions caused by eating meat and fish have long been known to medical men. In our own times appendicitis, enteritis, inflammation of the liver and kidneys, and arterio-sclerosis are to a great extent due to the abuse of meat. It is not surprising, therefore, that one of the best means of combating the diseases we have mentioned is to limit, or even completely to cut off, meat in diet. Further, if meat is limited or suppressed as a preventive measure the onset of these diseases may be stopped. Again, since the majority of animals slaughtered are either tubercular or infected by parasites (tape-worms, etc.), or even at times retain a strong taint of the medicinal products that have been used to get them into condition before slaughtering, it will be realized that still further risks of poisoning or infection are incurred by people who consume their meats roasted and still retaining the blood.

It is not essential to health to eat meat at every meal, or even every day. The hardy peasants of earlier times took very little, confining themselves to the produce of their own poultry-yards. It is possible to keep in good health without eating any meat. Whole nations at the present day—the Hindus, for instance—abstain from it. Many athletes, Nurmi and Ladoumègue among them, eat little or none at all. Vegetarians exist in great numbers, and show remarkable physical resistance. Arthritis, which so frequently leads to tuberculosis, has attacked the majority of people since the spread of meat-eating among civilized peoples.

It is not possible to overstress the advice to abstain from eating both meat and fish at the evening meal and slowly to restrict

their consumption even at lunch. This should gradually lead to a very limited form of meat-eating, or, if possible, to a vegetarian diet, the soundest of all. Economy and health will be the reward of such abstinence.

Manufactured and Concentrated Food Products. There is no doubt that since commercial industry set itself to synthesize, concentrate, sterilize, and modify natural foodstuffs in order to preserve them the curse of malnutrition has fallen more heavily on humanity. All that makes for life, freshness, moderate concentration, wholesomeness, and harmony in food is destroyed in the factory by the modifications in its concentration, by the addition of chemicals, and by the sterilizing processes employed in order to preserve it or to make it more attractive. Extracts of meat; sweets and fruit syrups made with beet-sugar, glucose, or even saccharine; refined flours; tinned foods (meats, sardines, vegetables, etc.); vegetarian specialties which imitate meat products (proteose, nuttaline, etc.); chemical foods (flours and phosphated breads); chemically treated products (alum for hardening, sulphate of copper for giving a green colour, gelatine for solidifying); chemical colourings and synthetic flavourings (with complicated chemical names); chloride for whitening flours; antiseptics (borax, sulphurous acid); chemical fats (casein and margarine); talc, etc.—all are permitted in the commercial fabrication of food. None of them are harmless, and all should be avoided as much as possible.

The only really healthy foods are those which are eaten fresh and in their natural state. They should be the produce of the country in which one lives, and should be eaten at the season of the year designed by nature. Undoubtedly it is easier and simpler to satisfy one's fancies with the expenditure of the least possible effort by opening a tin of some delicacy instead of by cooking fresh food. But if this practice results in illness, what gnashing of teeth, what extra expense and work, will be the result when strength fails and the sufferer is confined to bed! It is therefore wiser to give up bought confectionery and sweets, to use as little commercial sugar as possible, and, when it is used, always to mix it with some other ingredient, never to buy tinned

or proprietary foods, to use natural foods only, and to buy at the greengrocer's rather than at the grocer's or the chemist's; or, best of all, to eat the products of one's own garden and poultry-yard.

Over-rich Foods. Even among the natural foods there are certain ones which are so rich that they should be used only in moderation and in reason. Such are the seeds of leguminous vegetables (especially when dried)—broad beans, chick-peas, lentils, and haricot beans. These are concentrated foods, which should be indulged in only by strong people and manual labourers engaged in work necessitating strong physical effort. Delicate people and those employed in sedentary work cannot digest or assimilate such concentrated nourishment easily, and if they eat dried beans, etc., their blood and body-fluids will be clogged and their joints thickened. They will also be subject to congestion of the liver and to arthritic rheumatism. All of these troubles will be the result of taking over-strong and over-concentrated foods. Wholemeal, or, in the case of very delicate people suffering from arthritis, even brown bread, may cause difficulties. Such over-concentrated cooked dishes as have been enriched by too many eggs and too much butter are specially harmful.

It is wiser to serve the dried cooked seeds of leguminous vegetables during the winter only, and then at long intervals—not oftener than once or twice a week—and to give the preference to lentils, which are less heavy than beans. Dried beans, etc., should practically never be eaten by persons suffering from gastric or intestinal diseases, or from any form of arthritis or rheumatism.

The use of very strong vegetable stocks, or of the water in which vegetables or cereals have been boiled, is extolled on every hand; yet, owing to their excessive richness in mineral salts, they are apt to cause digestive overwork, congestion, and rheumatism, although the real source of these troubles is seldom realized. Therefore all vegetable soups prepared for persons predisposed to arthritis should be very light, and the stocks and waters used in making them should be well diluted, in order to

reduce them to a less irritant strength and to secure a better physiological balance.

Milk as a Drink. Milk is a food proper to infants. Nature supplies it for one purpose only—to feed the young of mammals. After weaning, children have no desire for any but solid food. Primitive man did not make use of the milk of animals. And even in our day whole nations—the Chinese, for instance—scarcely recognize the use of any but human milk.

In the case of invalids milk is far from being a panacea. The apparent advantages which it possesses in certain acute chronic disorders are due to the effects of a change in diet and to cutting off the supply of toxic ingredients, the two factors working together. The condition of a man who has given up taking alcoholic drinks, meat, fish, etc., is improved more by these dietary restrictions than by taking milk as a substitute for them.

In fact, milk as a food is bad for adults. It should never be used to quench thirst, for it coats the mouth, inhibits the gastric secretion, causes constipation and anæmia (lack of iron), and in the end auto-intoxication. Its effect is purely inhibitory. It first establishes a feeling of restfulness, then one of torpor, and finally ends in numbing the functions and setting up deficiencies.

Taken as a liquid with coffee or chocolate, in soups, or as a drink at meal-times or between them, milk is a menace to all dyspeptic and enteric patients and to anyone suffering from chronic organic disease, migraine, or eczema. People do not realize how much improvement is effected and how many cures made by reducing to a great extent, or even suppressing, the drinking of milk.

The usefulness of milk and its digestibility, if taken in moderation and in small quantities, as an ingredient in various dishes made with eggs, rice, flour, etc., or when modified by spontaneous curdling, as in naturally soured milk, are, however, evident, even in the case of people who would inevitably find it indigestible in liquid form. On the other hand, milk becomes heavy and difficult for dyspeptics to digest when presented in the form of double-cream cheese (*petit Suisse* and

Gervais cheeses). Modified by fermentation carried out to a further degree, it again becomes more assimilable (Gruyère, Camembert, Coulommiers, Brie, etc.).

Strong Acids. The blood and the tissues of the body are alkaline. The life of the tissues can persist only in an alkaline medium. Therefore any acids introduced in food must be destroyed by oxidation in the digestive organs or neutralized in the blood. Now, the capacity to transform and to utilize acid substances soon comes to an end in healthy people who partake too freely of them. In persons suffering from anæmia, arthritis, lack of mineral salts, dyspepsia, enteritis, and tuberculosis this capacity is very small. For this reason the introduction of any acid or acidifying substance into their organisms causes a loss of salts, which lowers their natural immunity and favours predisposition to infections. The use of acids decalcifies an organism in the same way that a piece of lemon will eat into marble. When a doctor sets out to cure a patient suffering from obesity, or to free one suffering from gouty rheumatism or the chalky deposits which interfere with the play of his articulations, he saturates him with acids (lemon or orange cure; meat cure, which acidifies the blood by the decomposition caused by metabolism; mineral-acid cures; Guelpa method). In order to neutralize the flood of acid the body will deplete itself of alkaline salts (salts of calcium from the bones, teeth, and tissues), releasing them into the circulation, and finally eliminating them in the form of gravel, urinary sediment, and calculi.

Ignorance on the subject of the danger run by making use of strong acids (incapacity to transform and depletion of the body's mineral reserves) is very general both in medicine and in cookery (abuse of lemons and tomatoes in sweets and sauces). Oranges, lemons, and tomatoes are everywhere prescribed as a means of rendering the tissue-fluids alkaline (on the recommendation of chemists and scientific theorists). They are even recommended as a source of vitamins to children still at the breast. The results of these blind methods are exceedingly unfortunate. Teething rashes, conjunctivitis, otitis, eczema, recurrent nasal and bronchial catarrh and infectious diseases of the respiratory

tracts (measles, croup, laryngitis, and tuberculosis), dental caries, nervous diathesis, are the habitual effects of the mistaken use of acid fruits, etc., which is so general. Infection by microbes gets the blame, for it is not realized that the lack of resistance in the seed-bed counts for more than the presence of germs in creating infection.

Acid fruits and vegetables (lemons, oranges, red currants, watercress, sour cherries, certain sour apples and pears, Alpine strawberries, dried apricots and figs, sorrel, tomatoes, rhubarb) and commercial vinegar are all harmful to the health of arthritic patients and young children.

One should never plant sorrel, red currants, sour cherries, sour apples, rhubarb, or tomatoes in the kitchen-garden, for their acid properties are bad for many people. Gastric tolerance of strong acids is very rare; in fact, it is met with only in very healthy, plethoric subjects, who, having been over-nourished and inured to alimentary toxins, can in this way scour their bodily machinery and to some degree neutralize the effect of their excesses for a certain time. The periodic and judicious use of acids in cases of obesity, plethora, and diabetes is legitimate in therapeutics, for the reason that they cleanse the system and accelerate nutrition.

In addition to the fruits and vegetables mentioned above we would add those unripe fruits and windfalls so much loved by marauding children, eaten either uncooked or stewed. These very acid fruits, even if cooked with plenty of sugar, will be a certain cause of skin trouble, eczema, diarrhoea, and general loss of strength. It is much wiser to let fruit that has fallen to the ground after being attacked by insects or blown down by wind rot there than, for the sake of false economy, to cook it and so make people ill. It is much better to lose these fruits than to allow them to be the cause of loss of health. An exception may be made in summer in favour of the ripened fruits which fall from a tree just before the normal time for picking them. These may be picked up, but they should be set aside in the fruit-shed, and left there until they have fully ripened before they are eaten.

The danger of taking acids is ignored in most works on dietetics and also in vegetarian cookery-books, which often, on the recommendation of empirical German naturists, advise the use of lemon-juice in preference to vinegar, and of the tomato, which is praised as an antacid on the advice of chemists (though not of clinicians) and of armchair authorities on hygiene. During the last twenty-five years we have noticed that many vegetarians have become victims of enteritis and tuberculosis, or suffer from disorders of local nutrition (eruptions, chilblains, pallor, etc.), simply because they have listened to bad advice, obstinately maintained in spite of warnings and the repeated examples given of successful cures obtained by the suppression of acid food and the continuance of a well-arranged synthetic and self-completing vegetarian diet, which, so understood, is the best of all diets.

Finally, we would include as indirectly acidifying (by the acid products of their metabolism) an over-full diet and the abuse of meat, fish, fats, and sweetmeats.

On the other hand, the moderate use of home-made wine-vinegar will provide an acid condiment which the majority of people, who would be affected by other strong acids and commercial vinegars, can safely take and digest.

It should be noted that if certain peoples and individuals who take a great deal of acid food (green fruits, vinegar, pickles, sauerkraut, lemons, etc.) appear to be none the worse for it, this is because they also eat a great quantity of clogging food (excess of meat, animal fat, pork, fish). In these cases acids play the part of scavengers of waste products in the body economy, purifying the body-fluids in the same way that benzine removes the spots of grease from cloth. But alimentary processes which involve such soiling and scouring are in no way to be recommended. They maltreat the cells of the body, tend to a ruthless mentality, and can be withstood only by robust constitutions.

White Vegetables. There is a class of vegetable which not only contains very little nourishment, but which is actually destructive of mineral salts and weakening to the body. Such are salsify, scorzonera, turnips, Jerusalem and Japanese artichokes,

parsnips, kohlrabi, cauliflowers, celeriac, and the blanched hearts of salads. Little harm is done by eating these vegetables from time to time as a separate dish or by blending their pleasing flavours with other vegetables (*jardinière*, vegetarian *pot-au-feu*, *cassoulet*, *ragoûts* of vegetables). If, on the other hand, they are often used in this way, or as separate dishes, they will prove to be unhealthy, and tend to anæmia. It is very foolish, for instance, to buy a cauliflower instead of two lettuces.

The reason why white vegetables should be avoided is that mineral salts scarcely exist except in the green or coloured parts (carrots). They are chiefly to be found in parts which have been exposed to the rays of the sun, by which agency alone the assimilation and coloration of the chlorophyll are possible.

Among these vegetables the whitefleshed potato which falls to pieces in cooking should be included, though as a rule it is this variety which is most in demand. Too many are cultivated, and they fill the market. Indirectly the buying of white potatoes means the loss of money, for to eat them means loss of physical strength. The best and most nourishing potatoes are the red- and yellow-fleshed varieties (such as 'Fontenay,' 'Hollande,' and, best of all, 'Saucisse Rouge'¹).

Unwholesome Fats. Fats are concentrated food products which nature only offers to us in a suitably diluted state in milk, eggs, oleaginous fruits (walnuts, hazel-nuts, almonds, olives). The animal fats (lard, bacon, veal, mutton, and beef fat, and dripping), so much used in cooking, are the most difficult to digest, and the most toxic. Further, it has been proved in diet clinics that fats which have been over-refined and de-vitalized in manufacture (cocoa-butter, margarine, etc.) cause a loss of mineral salts. They should never be used.

The only healthy fatty foodstuffs are butter, cream, and olive and ground-nut, or white, oil. The use of cream must not be overdone, for it is richer than butter. White oil should be used for frying.

¹ These excellent potatoes might well be introduced into England. The 'Dutch' varieties grown throughout France are the best for any potato dish cooked *au gratin* and for salads.—TRANSLATOR.

Food which contains too much fat, dishes swimming in butter, oil, or cream, too much fried food, sweets and pastries made with a great deal of butter, are indigestible. Even the best of the fatty products should be used with discretion.

An Unmixed Diet of Cooked Foods. Foodstuffs deprived of their vitamins (sterilized foods, chemical preparations of flour, tinned or bottled food), menus composed entirely of overcooked or twice-cooked food, the use of boiled water as a drink, the exclusion of all uncooked food (salads and fruits) from a meal, will result in disorders of nutrition, and, owing to devitalization and lack of vitamins, in rickets, chlorosis, neurasthenia, scurvy, and tuberculosis.

Forced and Out-of-season Fruits and Vegetables (*Primeurs*). The extension of rapid transport and the fierce efforts made by trades-people to attract custom have brought about a sort of topsy-turvydom of supply in the large centres. Vegetables and fruit are now on sale in towns when naturally they would be out of season or premature—perhaps a couple of months before their natural time. Customers are tempted by this early produce, and consequently buy expensive food which has little nutritive value. These products grown either under glass or in some far-distant country do not fall into the harmonious local scheme of things, and, further, they have lost in transit not only much of their peculiar flavour, but much of their vitalizing properties. It is of the highest importance, therefore, not only with regard to domestic economy, but for the sake of health, that one should depend on local vegetables and fruits sold in their normal season. Forced products should be given only to those who suffer from digestive or nervous inhibitions, and who require more immediate stimulation.

Chapter III

WHOLESOME FOODS

Eggs—Milk products (milk, sour milk, cheese, butter, cream)—The cereals — Starchy vegetables — Green vegetables — Mushrooms — Fruits—Honey and chocolate—Oils—Some fermented foods—Mild condiments—The best drink.

Eggs. Eggs are very wholesome food. They are the best of the proteins of animal origin for building up the tissues in children and for maintaining them in adults.

Eggs are not injurious to either the liver, the intestines, or the skin, as so many people vie with one another in asserting. What gave birth to the fable that they were a toxic and dangerous food was the recommendation that people suffering from anæmia and tuberculosis who required feeding up should swallow them wholesale—from four to eighteen a day. Jaundice, ulceration of the bowel, urticaria, hæmoptysis, impairment of the digestive organs, and blood-poisoning have resulted from following this advice. Serious digestive troubles are also produced by eating eggs and meat or fish at one meal. But it is very rare to find anyone who is completely unable to digest eggs when taken in very small quantities combined with farinaceous dishes.

There are persons who affirm that eggs invariably poison them, and that they have in consequence given them up. When it is suggested that they should try again, they cry out. Yet question such people carefully and you will discover that, without realizing the fact, they have never entirely ruled out eggs from their diet: they have eaten them in small quantities in mixtures, such as *brioche*s, biscuits, cakes, sauces, sweets, etc., and have been none the worse for doing so. As a matter of fact, there are people (arthritic patients and persons, both children and adults, suffering from bad digestion) whom eggs in their natural state (soft- or hard-boiled, *au plat*, scrambled, etc.) do

not suit. Such people, however, can take eggs without any ill results when mixed with cream or cooked with starchy foods. Further, a good proportion of these persons can gradually be brought to a stage when they can eat a whole egg a day (unmixed with any other ingredients) and find themselves much better than when they were condemned to a strict vegetable diet (without eggs), or to a toxic diet which allowed meat and fish at the midday and evening meal.

Again, we must avoid the obsession that an egg is not wholesome unless it is eaten the day it is laid. There are people who refuse to eat eggs which are a few days old, but never boggle at frozen or high meat or strong-smelling fish. On the other hand, the preserved eggs sold in shops should be avoided. So in summer should doubtful pastries filled with confectioner's cream made with preserved eggs (collective poisoning through both the cake and the cream). Such things are always best made at home. Whenever possible, it is healthiest to live outside the big cities, so that one can have one's own poultry-yard and be supplied with eggs from hens which have been rationally fed (grain, greenstuff, worms, and insects), for these will be much more wholesome than those laid by birds that have been stuffed with manufactured foods (poultry-spice, etc.), scraps from the slaughter-house, and bits of fish.

To resume, most people will be the better for one or two plainly cooked eggs daily. In small quantities, and incorporated with many varied ingredients (see recipes under eggs in mixtures, pp. 122-138), eggs can be tolerated even in cases of arthritis and enteritis. They will be of value in composing an invalid diet, chiefly vegetarian, intended for persons suffering from weak digestion.

Milk Products. *Milk* taken in liquid form is not a suitable food, but it is very useful when mixed with other ingredients. It can be used for custards, tarts, puddings, cakes, and with rice, and will then be tolerated by the majority of dyspeptics. It should, however, whenever possible, be diluted with a third or one-half its quantity of water. Goat's milk is not as wholesome as cow's milk.

Sour milk is much more easily assimilated than pure fresh milk. The presence in it of lactic acid is an aid to digestion and combats bowel infection (putrefactions, inflammations). The best kind is the milk which has been allowed to turn by itself. Bought sour milks (yahourt) which have been boiled or concentrated are less digestible. Sour milk obtained by the use of rennet or any of the products that contain it is unwholesome. It is a very good plan to vary the eating of cheese by taking sour milk as a pudding, especially in summer, and particularly when strawberries are in season. All the same, a systematic and continued use of it in any great quantity should not be made, because in the end the excess of lactic acid contained in it may cause a loss of calcium salts in the body, and after a while even curdled milk will tire the digestive organs.

White cheeses are made of concentrated milk from which the whey has been discarded. They are prepared by the addition of rennet (extract of calf's stomach) instead of by secondary fermentation, and we do not recommend them any more than we do fresh milk. Such double-cream cheeses as *petit Suisse*, *demi-sel*, etc., should be avoided, for they have been concentrated into a rich, fatty mass which is paralysing for the digestive organs.

Fermented cheeses, cooked or uncooked, are among the best foods, and should never be entirely omitted from a diet. The mildest cheeses (Camembert, Coulommiers, Neufchâtel, Saint-Nectaire, Parmesan, Brie, Gruyère, Dutch, Port-Salut) which are not over-fermented are useful not only as aids to digestion, but in sustaining the internal economy. At the same time invalids and persons suffering from weak digestion or from skin irritations should take them in small quantities only. There is no better food for manual labourers than these fermented cheeses.

Butter is the best of all the animal fats. Fresh butter should be used. In most cases it should be added to hot dishes at the table. It is digestible and vitalizing, provided one does not use butter that has been melted or butter salted for storage. Butter should be eaten in small quantities only, and never used for frying.

Cream taken from sour milk forms a very rich food, and should not be taken in excess.

The Cereals. Wheat, barley, rye, and oat flours, Indian corn meal (maize), rice, and buckwheat are among the prime necessities for human food. Races which have never used either cereals or fruits—Eskimo, for example—have remained backward, and have never spread. The best of the cereals is wheat. To the use of this grain the Indo-European races owe the pre-eminence of their development. It is very important that infants' food should be made of wheaten flour. Whole grains, flours, semolinas and flaked cereals, and Italian pastes (*nouilles*, macaroni, etc.) are all excellent foods.

Bread, which forms the very foundation of the diet of most people, has become a less nourishing and digestible food since the introduction of modern roller-milling. This method has made it possible to obtain whiter flour by separating not only the bran, but the brownish layer which lies beneath it, from the endosperm and germ. This layer, together with the germ, holds the largest proportion of the proteins, mineral salts, vitamins, and ferment-constituents contained in wheat. We should be wise to return to the brown bread which used to be made by country people, or to bread made either entirely of wheat or of a mixture of wheat and rye. The detestable mixtures (of exotic beans, manioc, rice, maize, and sorghum) which have come into use since the War have certainly been instrumental in weakening and poisoning (vetch, damaged maize, poisonous beans) the race. Serious cases of dyspepsia will assimilate white bread best. On the other hand, men employed in heavy manual labour would find a food of the highest value in wholemeal bread, for it is stimulating and vitalizing. Sedentary, arthritic, and rheumatic persons, however, will find its richly nutritive properties clogging, and should therefore never touch it. Many vegetarians have harmed themselves by eating wholemeal bread, which is not suited to the decreased resistance of their digestive organs, or to the type of occupation which they pursue. It is better for them to eat stale bread. Invalids subject to flatulent dyspepsia should eat but little bread.

Starchy Vegetables. The *potato* is a very precious source of starch. It should be served at most meals, alternated with cereals or mixed with other vegetables (cabbage, carrots, etc.). We would again repeat that yellow-fleshed potatoes are preferable to the white varieties.

The Seeds of Leguminous Vegetables. Fresh and dried beans are very rich in heating and body-building material. Owing to their excessively concentrated nature, they should be eaten only occasionally, except by very strong people and manual labourers. Persons suffering from arthritis, rheumatism, and enteritis should never touch split peas, summer-grown green peas, chick-peas, dried haricot beans, and dried broad beans. They may eat early green peas (in spring) and occasionally lentils (in winter). The habitual use of dried vegetables is one of the scourges of a badly constructed vegetarian diet.

Chestnuts form an excellent winter food.

Tapioca, which is too often made of potato flour, contains very little nourishment. It should be very rarely eaten, especially by children, who require a more substantial farinaceous food.

Green Vegetables. Green and coloured vegetables are the chief purveyors of mineral substances and vitamins to the human body. Salads and uncooked vegetables should have their place in the daily menus; so should a dish of cooked green vegetables, for they are life-giving, and contain the mineral salts essential to perfect metabolism. They do not add much in the way of calories, and for this reason were for a long time condemned by the theorists of the laboratory. But their reputation has been revived in the most authoritative quarters since interest developed in the study of accessory food factors (vitamins). Even in winter it is possible to buy fresh vegetables (Brussels sprouts, red cabbage, green cabbage, endive, dandelion, batavia, chicory, spinach, carrots, leeks, cardoons, and marrows).

Mushrooms. These fungi, rich in nitrogenous matter and so delicious to taste, are recommended to vary and to heighten the flavour of meals. When a vegetarian diet is followed they may often take the place of meat. But they should not be taken to

excess. Rheumatic and gouty people should eat them in very moderate quantities. The strongest of them are the truffles and the morels; after these we would place *cèpes* and forced mushrooms. In summer, people who have learned to distinguish between the edible and the poisonous fungi which abound in the country can feast with certainty on the wild species (*Lactarius deliciosus*, morels, chanterelles, etc.). It is necessary to be able to recognize the edible fungi by sight, for the other methods of distinguishing them which are so often recommended are of no value (tests by a silver spoon or a white onion, both of which, it has been wrongly asserted, turn black if they touch poisonous mushrooms, etc.).

Fruits. Among the many foods, there are none so necessary to man as fruits, on account of the vitamins, sugar, and mineral salts which they contain. They should be eaten uncooked at both of the principal meals of the day. The quantity taken must depend on the amount that the eater can assimilate. People who say that they cannot digest even small quantities of uncooked fruit will find that their inability to do so is due to the faulty construction of their regimen and to the presence of other discordant foods. By composing their menus in a rational way, and by eating at first very small quantities of sweet, ripe fruit only, people of all temperaments, as well as those suffering from various complaints (even from enteritis), will become accustomed to digesting these energizing uncooked products.

The principal sweet fruits which come to maturity at various times of the year are whiteheart cherries, garden strawberries, apricots, peaches, nectarines, gooseberries, pears, bilberries, plums, persimmons, figs, apples, and bananas. Acid fruits should be avoided by persons suffering from dyspepsia, anæmia, tuberculosis, and lack of mineral salts (lemons, oranges, mulberries, red and white currants, raspberries, black currants, sour cherries, Alpine strawberries, sour apples and pears, unripe fruit, and windfalls).

Oleaginous fruits (walnuts, cob-nuts, almonds) are rich in oily and nitrogenous constituents. They are useful because they supplement the nitrogenous elements in a menu, and because

they help to make watery and only partially sweetened fruits more easily assimilable.

Dried fruits are useful in winter. The prune is the best of them. Its laxative qualities are valuable. Raisins also are good. But anyone suffering from lack of mineral salts or from dyspepsia should not eat dried figs, and should specially avoid apricots, in the preparation of which sulphurous acid is used. If they do not, they will risk trouble due to acidity.

Honey and Chocolate. Honey, after sweet fruits, provides the best form of sugar. It is a living, vitaminized, diastased food, retaining its own perfume and its mineral salts, and it is very superior to beetroot sugar, which is an unnatural chemical product the vitality of which has been exhausted during the refining processes through which it passes. For this reason honey, jam made with honey, and honey-cakes are valuable in making up the ration of sugar at meals. At the same time, honey is such rich food that it must not be used to excess. It should not be included among the ingredients of all puddings, nor always added to infusions, or it will in the end fatigue the digestive organs. It is better to sweeten dishes and infusions with very small quantities of ordinary sugar, which when cooked with floury ingredients ceases to be an irritant.

For the same reasons chocolate (or cocoa nibs) can be combined with ordinary sugar to neutralize its aggressive effect, and forms a very good food if taken in small quantities. Chocolate is preferable to cocoa which has been made soluble by the addition of potash.

Cane-sugar made from stalks should be used in preference to beet-sugar made from roots.

Oils. Olive, white (ground-nut), or walnut oils are, on the whole, more digestible than butter, but no more than the absolutely necessary quantity should be used. White oil is the lightest of them, and the most easily digested by dyspeptics. Walnut oil should be employed only when it is very fresh. It is somewhat irritant.

Some Fermented Foods. All vegetable foods have been formed by the aid of nutritious elements (derived from the soil)

which are the product of ferment action of visible agents (micro-organisms) and invisible agents (ferments). Foods produced by ferment action, except those fermentations whose ultimate products are poisonous to man owing to the ptomaines, leucomains, or alcohol they contain, fall, therefore, into the natural order of things, and are suited for human food. That is to say, when high meat and fermented drinks have been eliminated from a diet there still remain several categories of fermented food which are excellent for health: bread, cakes made with yeast, flour of malt, sour milk, cheese, sauerkraut. Wine-vinegar, if made at home as directed (p. 233), is a natural acid, and is to be recommended in preference to lemon-juice.

Flour of malt liquefies and sweetens starches, helps to digest nitrogenous matter, and checks gastro-intestinal fermentation. It can be added to soups or foods ten minutes before they are served. (Foods must be taken off the fire before this flour is mixed with them.) Malt may be used in the form of malted water. (One teaspoon of the flour should be mixed with a glass of water.) Avoid all commercial forms of malted flours.

Mild Condiments. Stimulating and highly flavoured products may be used to add piquancy to insipid food, to arouse appetite, and to stimulate the digestive secretions. They are very useful when it is necessary to tempt people with small appetites who are difficult to feed and have a liking for varied and savoury dishes.

Salt is the most frequently used of the condiments. A diet should neither contain too much salt nor exclude it altogether. Too much irritates the mucous membranes and the glandular cells. A salt-free diet has latterly been much and indiscriminately recommended, but it is only really necessary in unquestionable cases—and these are very rare—of œdema caused by the retention of chlorides. Even those suffering from albuminuria without œdema can add a little salt to their food in order to avoid loss of appetite, impoverishment of the secretions, and the arrest of vital functions, which are ultimately caused through lack of chloride.

Vegetables offer a host of possible flavouring agents: cabbages,

leeks, onions, nutmegs, green and black olives, savory, chervil, chives, parsley, thyme, bay-leaves, tarragon, mushrooms, celery, orange-flowers, nasturtiums, cinnamon, vanilla. In great moderation garlic, shallots, cloves, pepper, and gherkins may also be used. As a general rule turnip-radishes, horse-radish, mustard, pickles, lemons, tomatoes, ginger, and mixed spices should be avoided.

The Best Drink. The best drink, and one which contains both organic and mineral (or inorganic) constituents, is the fresh water which is supplied by means of pipes and taps to the big cities. Beer, especially that of the Northern countries, which contains very little alcohol, is less of an irritant than wine. Dyspeptics will not be able to assimilate cider. Wine is by no means indispensable, and it has its dangers if taken too freely (over-stimulation, sclerosis). The stimulating temperance drinks tea and coffee should be permitted to the majority of people who are preparing themselves to adopt a diet containing a minimum of toxic and irritant substances, for it is important not to cut them off too abruptly from drinks which stimulate their digestive and nervous systems. At the same time, they should not be considered necessary. Malt coffee is a poor substitute for the real thing. It is best not to have resort to hot drinks and infusions except in emergencies, because to do so means that in the end too much sugar will be consumed with them. Also, the drinking of too much boiled water will lead to a deficiency of mineral salts (precipitation and deposits of salts in kettles). From the time when a child is weaned milk should never be used as a drink with which to allay thirst.

This question of drinks loses much of its importance from the moment that the diet of solid foods is properly balanced. People who eat wisely cease to be thirsty, and should drink only at those rare moments when they feel they must. They should not consider it necessary to wash out their kidneys when these organs are no longer encumbered by dangerous waste-products.

Chapter IV

SYNTHETIC DIET

The organic budget — The importance of uncooked foods — Vitamins—Alimentation is an arch—A belief in synthetic dietary should displace the theory of calories — Non-synthetic and irrational menus—Synthetic and rational menus.

The Organic Budget. There is a debit and a credit side to all organisms. What is received must be greater than what is spent during the age of adolescence—that is to say, until the building up of the body is completed. Receipts must balance outgoings in order that the human economy may be maintained in weight, strength, and harmony. Destruction of this balance by excess of intake will result in plethoric trouble, in injury to the joints, etc., and in wearing out the machine before its time. Excess of intake combined with excess of activity or of outlay leads to great overstrain, diseases of an overworked organism, and premature death. On the other hand, an increase on the debit side will result in diseases of deficiency and in infections which follow lack of nutrition. An insufficient output of physical energy (lack of exercise) will hinder nutrition and lead to debility and weakness of the whole body.

Those supplies which are intended to make up organic losses work chiefly through the digestive organs. Nutritive elements can also be introduced through the lungs and the skin (air and the rays of the sun). Therefore, in order to ensure good health it is necessary to supplement the taking of well-planned meals by a natural life in the open.

From a physical point of view the body is roughly comparable to a machine, such as a steam-engine. It is made up of an assembled number of parts, which, like the metal parts of an engine, wear out through use, and must be renewed. The body can only work if provided with combustible materials, which

correspond to the coal in a tender. Only the forces of expansion can make it work—vitalized foods, corresponding to the water and steam of the boiler—and it needs stimulation to set it going.

This is equivalent to saying that the normal and full alimentary regimen must include restorative foods which will replace the wastage of body-tissues, combustible foods suited to maintain the heat and the motor energy of the body, vitalized foods which will ensure the vital recharging of the tissues, and stimulating foods which play the part of a match or a starting lever.

Chemistry and physiology have shown that the repairing foods are those which are rich in albuminous matters and proteins on the one hand, and those which contain plenty of mineral salts on the other; that the combustible foods are those which contain plenty of starch, of fat, or of sugar; that the vitalized or live foods are supplied by uncooked food which has been created by vegetable life.

The chief nitrogenous or repairing foods are eggs, milk, cheese, cereals, bread, mushrooms, leguminous vegetables, oily fruits, chocolate, meat, and fish. The foods containing mineral matters are green vegetables, cooked and uncooked, cereals (brown bread, flaked cereals, soaked wheat), fruits, pure water, the yolks of eggs, milk, and cheese.

The heating foods include the various starchy products: cereals, flours, semolinas, bread, Italian pastes, potatoes, rice, leguminous vegetables, chestnuts, fats (butter, oil, and oily fruits), sugar, sweet fruit, honey, honey-cakes, chocolate.

The vitalized foods are chiefly furnished by uncooked vegetable products—salads and raw vegetables, uncooked fruits. The vital principle is also contained in certain products which have been activated by fermentation—bread, sour milk, cheese, and flour of malt.

In addition to these chemical needs, the body requires stimulation by savoury cooking and by mechanical effects to complete the presentation of a perfect diet. Savoury stimulation is produced by highly flavoured foods, by stimulating products, by condiments, and by careful cooking, but the dishes should be neither too rich nor too concentrated. Mechanical stimula-

tion is provided by the inclusion in a diet of not entirely assimilable foodstuffs, such as fruits, green vegetables, and whole cereals, which leave cellular waste, useful in providing motor stimulation in clearing out the intestines.

The Importance of Uncooked Foods. For some long time empiric naturists and well-informed doctors have acknowledged the need of eating live foodstuffs, and have recommended that both in health and in illness uncooked food should be included in the daily diet. They have advised the daily use of uncooked vegetables (salads, etc.), of uncooked fruit, and even of a small amount of previously soaked, uncooked cereals (wheat, etc.), in order to counterbalance the depressing influence of dead foodstuffs (cooked, sterilized, and concentrated foods). They have observed that uncooked foods, especially fruits, are of considerable use in cleansing the body-fluids, in vitalizing and restoring the body during acute and chronic illnesses, and that when they are eaten by healthy people they give an additional vitality and endurance. They knew that in all animals and vegetables vital force was necessary for germination, growth, and recuperation. They recognized that this vital alimentary energy came exclusively from the vegetable kingdom, extracted from the soil and the solar rays, and that animals were incapable of elaborating it direct. In short, carnivorous animals must feed on herbivorous or frugivorous creatures.

Orthodox authors, pinned down to a conception of alimentation which depended on purely chemical and heating processes, had for a long time despised the value of these essential substances. Further, they forbade the use of uncooked foods (salads and fruits), under the false pretext that they were indigestible, and had no heating value, and that they were vehicles for microbes. Their failure to understand the energizing power of uncooked foods was such that they went so far as to consider any recommendation of salads or uncooked fruit to be madness in the case of persons attacked by wasting diseases.

Vitamins. At a later period the researches of physiologists tended to reverse these orthodox opinions. It was found that natural development was arrested in animals fed solely on

sterilized cooked foods, or even on refined foods—that is, foods the character of whose natural elements had been changed (casein, pure fats and starches, chemical minerals)—and that they were attacked by nervous disorders, hæmorrhages, eye diseases, paralyses, skin diseases, and finally by fatal collapse, but that it was only necessary, even in the last period of decline, to give them a few natural fresh foods (milk, whole cereals, fruits) to restore them to health and vigour. These experimental facts bear out the results of clinical observation furnished by the study of scurvy (which occurs, for example, in sailors who have been fed on tinned or preserved foods and in children fed on sterilized foods) and of beriberi (which is specially severe among people whose diet consists almost exclusively of decorticated cereals, polished rice, and white flours); and they demonstrated irrefutably the existence of the imponderable living products which Funck called ‘vitamins.’ This experimental discovery helped to convince the orthodox older school of the necessity for eating certain uncooked foods in order to avoid alimentary deficiencies and their resultant maladies.

Three categories of vitamins (A, B, and C) have been experimentally formed. Vitamin A, soluble in fats, abounds in green vegetables (salads, spinach, cabbage, and carrots) and in fatty bodies (butter, cream, yolk of egg, and oil). It contributes to growth in the young, to a well-nourished state of the tissues, and it strengthens the natural defences against germs. The lack of vitamin A predisposes to all microbial infections, to dental caries, and rickets, and causes a disease of the eyes (xerophthalmia). Vitamin B is chiefly met with in whole cereals (in the cortical zones and in the germs) and in barm. It is useful in keeping the glandular and nervous organs in good condition. If it is omitted circulatory troubles (œdemas), nervous diseases (neuritis), and beriberi will result. Vitamin C is chiefly to be found in uncooked fruits, also in uncooked vegetables (cabbages, potatoes, carrots, peas, etc.), and in the watery part of milk (whey). It assists in the growth and development of bone. Scurvy and Barlow’s disease (infantile scurvy) will result if this vitamin is not present in food (sterilized milk, lack of fresh

vegetables). It should be realized that no so-called vitaminized pharmaceutical foods can take the place of fresh vegetables.

These experiments made in laboratories have only corroborated and supported the teaching of the naturists, both traditional and empirical; and they allow us to affirm with certainty that no diet can be considered as synthetic, normal, and natural that does not include the daily use of foods containing the three vitamins—that is to say, salads, uncooked fruits, and wheat taken together in moderate quantity as *hors d'œuvre*. (See Chapter VIII, section on *hors d'œuvre*.) These vitamins are essential at every age (weaned children, adults, old people), in all physiological circumstances (pregnancy, during nursing), and in those morbid conditions where solid nourishment is indicated. All that is necessary is to make the right choice of vegetables, etc., and to decide upon the quantities to be taken. (For example, the smallest amounts should be given to children and to enteric patients.)

Alimentation is an Arch. A normal diet may be compared to an arch, each stone of which has been chosen and placed in such a way as to make a harmonious and solid whole. If even a few stones are missing the security of the building may be endangered. If the keystone is removed the whole structure will fall down. It is the same thing in diet. If one, or several, of the categories of necessary foods is left out of the daily menus deficiencies will result. What is absorbed will be turned to bad account, and the organic construction endangered. All the various foodstuffs should back up and support one another, and, above all, the nitrogenous ration should be well composed, for it is fundamental, and represents the keystone.

It is impossible to overrate this conception of the part played by alimentary synthesis in the strengthening of organic resistances, in the preservation of health, and consequently in the abolishing of susceptibilities to disease, or to overrate the necessity for every one, especially doctors, mistresses of houses, and even cooks, to be instructed in the composition of a normal synthetic regimen, in order to prevent the ordering or the serving of menus which are dangerous because they are

ill-constructed (excess of ingredients of one category, total lack of other kinds of foods).

As a matter of fact, a lack of proteins (nitrogenous foods insufficient or ill-chosen, too toxic, unsuitable, exclusively vegetable) will result in weakening the muscles, in lack of power to utilize the fats, sugars, starches, or acids; a lack of heating foods (diets which exclude fats, sugars, or starchy products) will cause loss of weight and strength, and clog the body-fluids by making them unable to utilize the nitrogenous elements; and a lack of vital foods (exclusion of uncooked vegetables) will cause troubles in nutrition by deficiencies (avitaminoses, scurvy, beriberi, cutaneo-mucoid fissures and infections, etc.).

Finally, it is well to realize that non-synthetic food is incapable of stimulating the secretion of gastric juices to their full activity; for Pavlov's experiments established the fact that each category of foodstuffs corresponds to the secretion of a special gastric juice. Therefore the gastro-intestinal glands, working by reaction, will not secrete all their juices unless they are given food which includes all the varieties of substances necessary for the upkeep of the body.

To sum up, a badly chosen and non-synthetic regimen will result in destroying the nervous energies, in the loss of natural immunities, in the paralysis of the body's defences, and in the appearance of dyscrasic or infectious diseases; for it must never be forgotten that illnesses due to germs will not appear unless there are deficiencies in the organic soil.

No one realizes the number of persons who fall ill entirely as the result of badly chosen and badly composed diets. Nor is it realized what miracles in cures can be accomplished merely by reforming habits of diet and by ordering synthetic menus adapted to the needs of the individual.

The science of composing synthetic and well-chosen diets should therefore form a part of the professional instruction of the cook as well as of the doctor, for the cook's collaboration is indispensable in ensuring success in the important work of prophylaxis and in the curing of disease by the prescription and carrying out of a rational and healthy regimen.

A Belief in Synthetic Dietary should displace the Theory of Calories. Up to the present time the normal alimentary ration has chiefly been calculated in calories—that is to say, in terms of the heat yielded after combustion. A calorie is the quantity of heat required to raise the temperature of a kilogram of water one degree Centigrade. Experiments made in a calorimetric bomb have established the number of calories liberated by combustion from one gramme of protein, of fat, of sugar, and of starch; and from these observations was deduced the fact that the alimentary regimen of man could be regulated by a combination of foodstuffs which would furnish a total of about 3000 calories. Out of these experiments arose the tables of the calorific values of various foods and the rational menus consisting of foods which had been weighed to within 15 grains Troy.

These investigations have little more than a theoretical interest, for the moment that an attempt was made to put them into practice the originators of the theory disagreed in calculating the mean ration necessary, and the majority of the menus which were established according to calorimetric calculations were found to be impracticable or deficient. In reality too many factors either escaped inclusion in the theory of calories or even contradicted it. For example, the theory ignored the values of mineral salts and vitamins; it took no account of the variable powers of assimilation of the organic metabolism; and the weak were therefore fed in the same way as the strong, and invalids as healthy people. The reason for this was that the ration was based solely on the weight of the body. No account was taken of variations in appetite, of differences in temperament, or of the necessities of adaptation.

It is for this reason that the calorimetric computation of food rations has never been able to serve as a guiding principle for dietetic therapeutics. On the other hand, when we have learned all the different kinds of foods which enter into the composition of a normal synthetic menu, when we have learned how to discriminate between toxic and non-toxic foods, when we possess a classification of the various categories of foodstuffs (see

pp. 74-77), and when we endeavour to proportion them to the degrees of digestive and assimilative capacity (which is very variable in people), we are in a better position to provide nourishment and to direct diet than if we merely consulted a table of calories or a series of menus consisting of weighed food. As a matter of fact, from a practical point of view it has never been possible for anyone to utilize these calorific calculations of foods consistently in composing menus, for the demands of temperament and of appetite with which we have to deal put any mathematical calculations in rationing food out of the question.

Further, the partisans of the theory of calories have themselves confessed the comparative uselessness of calorimetric calculations. "Your appetite is there to be your guide, as long as you do not upset it with ill-composed menus," Hemmerdinger exclaims.

If your menus are well chosen, the appetite resumes its rights. I can assure you that I rarely take calories into account in my own home. I do so when I have to prepare a lecture in order to give examples; I do not need to apply the theory personally. . . . Inclination is a very good guide as long as taste has not been perverted by the abuse of meat or of condiments; therefore it is not at all necessary to balance figures in order to compose a menu.¹

Non-synthetic and Irrational Menus. It may be said that practically all the lists of menus given in manuals of alimentary hygiene and in cookery-books are unwholesome, because they contain too much over-nitrogenized food, too many highly seasoned and flavoured dishes, and also because they are lacking in mineral salts and vitamins (too few cooked vegetables and uncooked foods).

The most frequent errors made in homes lie in the intemperate amount of animal or nitrogenized food served at the same meal (meat and fish; meat and egg; meat, mushrooms, eggs, dried vegetables, cheese), in the eating of too much toxic food at night (meat, fish), in the lack of mineral salts (lack of uncooked vegetables, salads, and fruits), or in the lack of cooked

¹ Hemmerdinger, *Leçons pratiques d'alimentation raisonnée*, p. 73.

green vegetables. On the other hand, the fault may lie in a preference given wholly to green vegetables and in the exclusion of starchy vegetables, in the neglect of cheese and sweetened foods (or, equally, in the abuse of sweetmeats and sweet dishes made with commercial sugar), or in a combination of these errors.

We quote two menus, copied from a cookery-book, which give examples of a fundamentally illogical diet:

Lunch

Soles with white wine	Oysters
Roast leg of mutton	Grilled lobster
Flageolets with gravy	Chateaubriand steak with
Cheese	straw potatoes
Floating island	Grilled mushrooms
	Cheese
	Baked caramel custard

The ingredients used in these two meals are exclusively nitrogenous. Five courses are suggested, whereas two only—meat or fish or one egg as a course, with mushrooms, vegetables, or cheese as another separate course—would be sufficient to maintain in a well-nourished condition any adult engaged in heavy muscular work. Again, these menus are lacking in indispensable uncooked foods (fruits and salads). This omission, however, is made almost a necessity owing to the amount of heavy, rich food included. The moment a diet is allowed to become anti-physiological and anti-natural, alimentary discords will be created, and these are sources of indigestion. And when stomach trouble ensues, instead of arranging more wholesome food combinations, the sufferer invariably blames fruit and vegetables. They are omitted from the diet as being indigestible, but the foods causing the trouble are continued. The absence of balance in alimentary synthesis will result in alimentary discord and indigestion, just in the same way as an accumulation of over toxic and over richly cooked foods.

Here are examples of dinner menus taken from the same book:

Dinner

Sorrel soup made with milk	Tapioca soup
Pike with mayonnaise	Boiled eggs
Roast hare	Ham with Madeira sauce
Cardoons with marrow	<i>Nouilles</i> with cheese
Cheese	<i>Petit Suisse</i>
Pineapple with kirsch	Chestnut pudding

These over-stimulating evening meals, in which five courses are over-nitrogenized and several are toxic, would result in dreams, nightmares, heaviness on waking, cerebral torpor, and a general physical prostration the next day. Good sleep and a fresh feeling on waking up can be obtained only after a light evening meal, containing very little animal food and much that is sedative.

Even those people who understand the dangers of toxic food and heavy meals run the risk of grave disorders by their inability to compose synthetic and physiological menus. Below are two menus habitually followed by two vegetarians who have fallen ill owing to lack of mineral salts and alimentary acidity, and who suffered for years from prolonged emaciation, anæmia, and muco-membranous and hæmorrhagic enteritis.

Morning

Kneipp's substitute for coffee, with milk, bread and oranges	Vegetable soup, bread and oranges
---	--------------------------------------

Midday

Salad dressed with lemon-juice	Vegetable soup
Two cooked green vegetables	Proteose or dried vegetable, rice,
Haricot beans or lentils	Italian pastes, or potatoes ;
<i>Petit Suisse</i>	saucés made with orange- or
Oranges	lemon- or tomato-juice
	Rhubarb jam

Four o'Clock

Bread and fruit (very often acid)	Vegetable or cereal soup
-----------------------------------	--------------------------

Evening

Milk soup	Sorrel soup
Potatoes	Barley with red-currant juice
Cooked green vegetable	Celeriac with white sauce
Bread-and-butter	Double-cream cheese

Such a diet is lacking in mineral salts, nitrogenous elements, and vitamins. These two persons had been terrorized by the diatribes against eggs which they had read, and never ate more than two a week. And since it is impossible to replace meat physiologically just by eating dried vegetables or industrial products, there being no chemical substitute for it that can supply the demands of alimentary adaptation and physiology, they were permanently under-nourished and decalcified, and were suffering from intestinal corrosion. In addition, their body-fluids and excretions were acidified by the continual use of lemons, oranges, tomatoes, rhubarb, and white vegetables; they had paralysed their digestive tracts by daily taking liquid milk and double-cream cheeses, and had overworked them by taking food in the middle of the afternoon, a procedure always fatal to persons of small or moderate appetite, for such people are sufficiently nourished by food taken at the two principal meals. They were quickly cured by the varied and synthetic menus of a diet which included an egg (mixed with other ingredients) every day, fermented cheese, uncooked foods containing vitamins (a very little uncooked salad, uncooked vegetables, and wheat), but which ruled out all white and dried vegetables, acid fruits, liquid milk, and white cheeses.

Synthetic and Rational Menus. The composition of a logical menu is a matter of general principles, and also of adaptation to individual needs. Numerous variations in the quality, choice, preparation, and combinations of food may be introduced to ring the changes in diet and to adapt it to circumstances.

It is chiefly in the composition of breakfast that these differences should be made, attention being given to organic constitution and to the type of work followed by the person concerned.

As a rule this meal should consist of a stimulating drink—tea, coffee without milk, chocolate, or some aromatic infusion (see pp. 249–251). Liquid milk is the scourge of this early meal. Its addition makes chocolate indigestible and constipating. Nervous and ill-nourished subjects can digest milk only if it is diluted

with three-quarters or two-thirds of water. Even in their case it is better to prescribe it in the form of sweetened condensed milk taken in small quantities (one small teaspoonful diluted with water, taken with the chosen drink). Condensed milk is much more digestible than fresh milk. The food taken with the infusion should contain very few proteins, but what is eaten should be heating—toast, rusks, or very light pastry (*brioche*s, *galettes*, bread made with an egg), with butter, honey, cheese, or jam, or with butter and some sweet food. Eggs, meat, and fish should be avoided. In winter persons with moderate appetites can take, instead of tea, coffee, etc., some soup made of vegetables or cereals (porridge, or some form of flour or Italian pastes cooked in water with the addition of a little sugar and butter or a very little milk). In summer fresh fruit may form part of this meal, in winter uncooked prunes that have been prepared by making incisions in them and have been soaked for twenty-four hours (see p. 222). Heavy eaters will find that they will benefit greatly by omitting the meal altogether. A large glass of plain water will purify and supply the necessary minerals perfectly.

The midday meal should consist of

(1) Foods containing mineral salts and vitamins. It is best that these should be taken together, at the beginning of the meal, in the form of *hors d'œuvre*. They should consist of a few leaves of salad and a small quantity of a *julienne* of uncooked vegetables (vitamin A), varied according to the season and cut into regular lengths with a special knife, about a teaspoon of each kind—carrot, cabbage, green peas, cauliflower, potato, artichoke, green beans, radish, etc.—and a teaspoonful of wheat (vitamin B) which has been previously soaked (see p. 224).

(2) Some fundamentally nitrogenous food of animal origin (meat, white for preference), fish very occasionally, or, what is better, an egg (this is indispensable in a vegetarian diet), taken alone or mixed in some starchy mixture or in a sweet or with mushrooms from time to time.

(3) Heating food: bread and one or two starchy vegetables (according to the season); potatoes, Italian pastes, chestnuts,

flaked cereals, green peas (very rarely dried beans); fat of some kind—butter or fresh cream or the white oil used in cooking food.

(4) A diastased food containing vitamins: a little fermented cheese, which will be a bacterial aid to digestion.

(5) Sweet foods containing vitamins (vitamin C): fruits in season and a sweet cake or pudding (especially important in winter, when fruit is poor in quality)—honey, honey-cake, jam, chocolate, pastry.

(6) Stimulating products to stimulate appetite and the digestive secretions: salt, vegetable condiments, light sauces, wine (for those who are not total abstainers), tea, coffee. (Under this heading we include food browned in the oven or by frying.)

The light meal in the middle of the afternoon, given only to children, to persons of nervous temperament who have small appetites, and to manual workers, should specially include heating foods (bread, rusks, butter or chocolate, or fruit in season). Milk should never be given at this time except to children under two years of age.

The menus of the evening meal should be composed of the following foods:

(1) A food containing vitamin A: an uncooked salad, with a very small quantity of a *julienne* of mixed uncooked vegetables.

(2) A fundamentally nitrogenous food. This must not be supplied by meat, but by an egg, boiled, poached, or buttered (or taken in a mixture with other ingredients), or simply by a fermented cheese.

(3) Light heating foods: bread and some starchy dish (not necessarily at every evening meal, except in winter, when during a damp or rainy year two such foods may be provided)—potatoes, Italian pastes, semolinas, etc.

(4) A food containing mineral salts. This should always be included, as a sedative for the night, as a means of replacing the mineral salts which have been used up by the activities of the day, and also to provide waste matter which will stimulate intestinal contractions and combat constipation (cooked green vegetables in season).

(5) Sweet foods containing vitamin C: sweet fruits in season, eaten with a pudding or cake, as for lunch, if possible.

This division of foods into separate categories may seem to suggest long menus and the preparation of a number of dishes. But this is not the case (see "Simplified Menus," pp. 284-287). Even people who have very small appetites can accustom themselves to this nutritive synthesis. All they need do is to reduce the quantity of heavy foods taken to a minimum. It is essential, however, that the uncooked vegetables recommended for lunch (even if only one tablespoonful is taken) and the cooked green vegetables for the evening meal should never be omitted. Further, the ingredients which make up one dish can be chosen from the various categories. For example, a potato omelette will provide the nitrogenous, starchy, and fatty elements required in the midday meal. A very little goodwill and thought will make it easy to achieve simplification both in the menus and in cooking. Country people, who very often come nearer to a natural alimentary order than city folk, treat their food in this way. In the department of the Allier, when fruit is abundant, huge pasties, large enough to last for several days, are made of wheaten flour, eggs, butter, and sweet fruits. These, with salads, cheese, and bread, make up a synthetic menu which requires very little preparation.

Chapter V

THE VARIOUS DIETS

Meat diet—Vegetarian diet—Vegetable diet—Fruitarian diet—
Diet of uncooked foods—Super-alimentation.

Meat Diet. The disadvantages of a meat diet having already been fully discussed in Chapter II, it is unnecessary to recapitulate the warnings given against the danger of eating the flesh of dead animals—meat, fish (including shellfish), bacon—and the fats of animal tissues—lard, margarine, and suet.

A meat diet is the one most commonly followed by the majority of people, but it is by no means the best. It should, in any case, be modified by restricting the eating of flesh to the midday meal and by ruling out all specially putrescible meats (pork, ham, and other products of the pork-butcher, all fermented meats, high game, tinned meat and fish, extracts of meat for soups and sauces), by never including meat and fish, or meat and eggs, in one meal, by suppressing meat altogether one day in every week, or, even better, by abstaining from it three or four days in the week, substituting for it not fish, but an egg.

Vegetarian Diet. This diet does not mean one that consists wholly of herbs or vegetables. The word 'vegetarian' is derived from *vegetus*, meaning 'vigorous,' and this very synthetic diet, which is so well adapted to human needs, makes for health and strength.

A vegetarian diet comprises animal products not the flesh of carcases, such as eggs, milk, cream, butter, cheese, and honey. The place of meat is taken by other nitrogenous foodstuffs (eggs, cheese, and milk products) and by vegetables (mushrooms, cereals, leguminous vegetables, oleaginous fruits).

If this diet is to be efficacious it must be prepared with the utmost purity. Neither fish, bacon, ham, lard, animal fats, extracts of meat, margarine, nor rennet should form part of it. The vegetables should all be cooked separately, never as part of a stew or a *ragoût* of meat. All frying should be done in white oil. Fresh cream, oil, or pure butter should be used in cooking—never lard or margarine.

Many people for whom a vegetarian diet, or one in which very little meat is permitted, has been prescribed, and who at the same time are forbidden to touch dried vegetables and tomatoes, declare that there is nothing left for them to eat. They do not realize what a wide range of foodstuffs remains for them to choose from. Below are given some of them:

Animal Products. Eggs, butter, milk, cheese, fresh cream, honey.

Cereals. Wheaten bread (wholemeal, white, and brown), rye bread, various flours, semolinas, oatmeal, Quaker oats, flaked cereals (wheat, rice, oats, barley), Indian corn meal, polenta, buckwheat, the various Italian pastes (*nouilles*, macaroni, vermicelli, etc.), pastries.

Starch-containing Foods. Flours, semolinas, flaked cereals, rice, chestnuts, potatoes, young green peas, fresh small flageolets, fresh broad beans, Italian pastes, tapioca, sago, turnip-rooted chervil.

Green Vegetables. Green beans, edible-podded peas, artichokes, spinach, tetragon, aroche, cabbages, kale, Brussels sprouts, sauerkraut, Swiss chard, cardoons, lettuce (cos and cabbage), batavia, curly endive, wild chicory, dandelion, lamb's lettuce (or corn salad), asparagus, carrots, leeks, celery, watercress, *julienne* of vegetables. Butter-beans, chicory, and red cabbage are less to be recommended.

Mushrooms. Forced mushrooms, truffles, morels, *cèpes*, and other edible fungi.

Roots and Flowers. Carrots, turnips, salsify, Japanese and Jerusalem artichokes, celeriac, radishes, kohlrabi, swedes; orange-flowers, acacia and nasturtium blossoms, cauliflower. Certain of these roots and white vegetables are deficient in

mineral salts, but they possess vital properties if eaten uncooked as *hors d'œuvre*.

Oleaginous Fruits. Walnuts, cob- or hazel-nuts, almonds, peanuts, cocoa, chocolate, green and black olives.

Sweet Fruits. Pears, apples, plums, mirabelles, black cherries and whiteheart cherries, peaches, apricots, nectarines, grapes, gooseberries, garden strawberries, fresh figs, melons, bananas, prunes, persimmons, raisins, pineapples.

Acid Fruits. Sour cherries, Alpine strawberries, red currants, certain varieties of pears and apples, raspberries, black currants, dried figs, dried apricots, lemons, oranges, grape-fruit, tomatoes, and egg-plants.

Sugar-containing Foods. Sweet fruits, honey, jams made with honey or sugar, honey-cakes, chocolate.

Condiments. Garlic, shallots, onions, parsnips, leeks, chives, tarragon, parsley, chervil, thyme, bay-leaves, cinnamon, cloves, nutmegs, capers, horse-radish, mustard, salt, pepper, cane sugar, wine-vinegar, orange-flower water, vanilla, tea, coffee, malt coffee, wine, beer, and cider.

Another complaint frequently made is that it is impossible to follow a vegetarian diet when travelling. It is perfectly true that in the restaurants, hotels, boarding-houses, and even nursing-homes where diet is made a speciality the usual menus consist of little but a series of fish and meat dishes. But wherever you are, if you will take a little trouble, you will be able to get eggs and cheese to replace meat dishes. Plain-boiled vegetables, never those cooked with meat or in meat gravies and stocks, can be ordered, and a little fresh butter added to them at table. At the very worst it is always possible to buy fruit and a little uncooked salad, and these will help greatly in the composition of a synthetic menu.

Another objection is frequently advanced. How can menus be composed and appetizing dishes made without either meat, fish, bacon, or ham? It is for the purpose of answering this question that this book has been written. The recipes which follow are exclusively vegetarian. No one seems to find any difficulty in getting meat grilled, cooked *en casserole* or in the

oven, but the majority of people find it impossible to cook eggs except by boiling them or to do more to potatoes or Italian pastes than cook them in water.

Vegetable Diet. A vegetable diet comprises such foods only as are of vegetable origin—cereals, vegetables, and fruits. Not only meat, fish, and shellfish are excluded from it, but also eggs and milk products (butter and cheese). It is a diet which may prove of great value if followed occasionally as a temporary *régime*. It may be adopted for a few days, weeks, or months, according to the case, for it is purifying, soothing, and does not poison the system. It is not possible to continue it for long without the risk of trouble, unless it is modified by the daily addition of the very smallest quantities of egg and butter, such as may be incorporated in cakes and puddings. We have known persons suffering greatly from arthritis who by following this slightly modified and extended vegetable diet have effected a cure which lasted without relapse over a period of twenty-five years, and who have maintained considerable vital activity. That there have been cases of people who have subsisted for years on a vegetable diet in its strictest sense is undeniable. But to a great extent their food was eaten uncooked. Such a diet, however, suits only heavy eaters and persons of peculiar temperament. If it is followed too long there will be, as far as most people are concerned, a grave risk of under-nourishment, owing to inadaptability.

Fruitarian Diet. A fruitarian diet is even more severe than the one described above. Theoretically it consists of oleaginous fruits (almonds, walnuts, cob-nuts, olives) and the various watery fruits which provide hydrocarbonated, vitalized, and mineralized products. Actually such a diet cannot be strictly followed for any long period. In order to make up the mineral allowance those who practise it are obliged to add cereals (wheat, bread), to which they give the name of fruit (a fairly accurate description), and uncooked vegetables. The diet then becomes a strictly vegetable one, and is not to be recommended, for if followed uninterruptedly there will be some risk of under-nourishment.

Diet of Uncooked Foods. Such a diet is the negation of all cookery, since it includes only food as nature offers it or mixed with a little oil. No one should be deceived by the sweeping assertions of those who profess to follow this regimen, which entails no effort of any kind. All who do so eat baked bread as well as uncooked fruit and vegetables, and in many cases vary their diet by the inclusion of cooked vegetables and cereals (rice, semolina, etc.), and often fall back on a vegetarian and occasionally a meat diet.

It is impossible to prove the value of any one of these three extremist diets—vegetable, fruit, and uncooked fruit and vegetable—unless it has been followed over a long period without a single deviation, for even an occasional break would allow the body to be recharged with unaccustomed and nutritious materials and a deficiency in nourishment to be avoided. Authentic cases of persons who have strictly and honestly carried out a fruit or vegetable diet do exist. But they do not prove the value of either, and the few children of such people who have come under our observation have been weak and sickly. Up to the present time it is only the very modified meat or vegetarian diets which have been of any value in producing strong races.

Super-alimentation. Many people insist on believing that to force patients to eat a great deal of highly nitrogenous and over-rich food is the sure way to health, and that this diet is an anti-tubercular treatment and a panacea. Over-eating is in reality the body's worst scourge. The abuse of meats and eggs and a complicated, concentrated *cuisine* do produce an appearance of health (weight added, high complexion), but after the first artificial stage of exuberance the overworked digestive organs refuse to function and are worn out (dyspepsia, hepatitis, appendicitis, enteritis), congestive conditions arise (hæmoptysis, hæmatemesis, hæmorrhoids, cerebral congestion), strength fails, and in the end tuberculosis (the result of arthritic decadence) appears, or is aggravated.

A regimen of super-alimentation should never be followed except for short periods in the case of wasted bodies (famine,

treatment to restore some deficiency in nutrition, or convalescence after acute illness). And even in such cases the temporary increase of food taken should not consist chiefly of meat, fish, eggs, and strong wines. It should continue to be very synthetic, non-toxic, harmonious, and rightly proportioned. In no case should it include raw meat.

Chapter VI

ALIMENTARY ADAPTATION

Changes of diet—Three different kinds of appetite—Various occupations—Physiological resistance of the organs—Classification of foods—Age and sex (diets for children and for old people)—Physiological conditions (pregnancy and nursing)—Temperaments—Years and seasons—Climatic influences—Illness (acute feverish conditions; gastro-hepatic troubles in arthritis; acute and chronic enteritis; diabetes; albuminuria; gout and chronic rheumatism; deficiency of mineral salts; tuberculosis; obesity; emaciation; furunculosis, anthrax; obstinate eczema; constipation).

THE general principles of the well-balanced regimen which we have already indicated must be applied with certain adaptations and modifications to suit special cases and environments. In fact, the practical art of adapting and particularizing treatment through diet is as important as the theoretic science of dietetics itself in securing the success of any given regimen. For this reason we will briefly consider the various adjustments of diet which should be made to suit individual cases (physiological and pathological conditions). These diets are further affected by variations of climate, season, and weather. Doctors, cooks, patients, and normally healthy people will all find material for consideration in these indications.

Changes of Diet. It can be taken as a general rule that changes of diet should include a slow and progressive transition stage. For instance, entirely, permanently, and suddenly to omit meat from a diet may in the majority of cases cause trouble due to inadaptability and lack of nutrition; or it may upset the physiological balance, and this would be the source of very grave complications (organic inhibitions, crises of furunculosis, acute illnesses, and even collapse). The reason for this is that life is an evolution, and not a revolution, and revolutions

breed counter-revolutions. A slow evolution is the primordial law in the adaptation of living substances. Of course, in order to deal with serious morbid conditions (asystole, albuminuria, attacks of enteritis, congestions, arterio-sclerosis) it may be necessary radically to change the customary diet to one which will save a patient; but it is wiser not to continue the new strict regimen (milk, vegetable, or vegetarian) indefinitely once an improvement has been secured. On the contrary, it is better to proceed by returning to the normal diet, giving the customary food in small quantities only. Habit is second nature, and it is difficult to remake habits at a moment's notice. Very often the complications and rapid relapse observed after a period of satisfactory improvement in patients put on a sub-toxic diet are due not to the progress of the disease, but to the inability of the body to adapt itself to the sudden and definitive cutting off of the habitual nitrogenous foods (meat, fish, etc.). The fact that certain very rare and adaptable individuals have been able to turn, without any transition period, from a meat to an entirely vegetarian diet does not disprove the necessity for a slow and rhythmical transition stage. It would be a mistake to take the exception for the rule. Indeed, the pernicious advice given by many partisans of vegetarianism in favour of a sudden and complete change of diet is one of the principal reasons for the failure of this regimen.

When a reform of diet is decided upon and there are no acute symptoms to be dealt with it is better to begin by gradually lessening the quantity of meat eaten. Omit it first from the evening meal; then eat it only occasionally at midday. Later it can be ruled out altogether for certain periods, a return to a meat diet being made at shorter or longer intervals. This progressive suppression of meat should to a certain extent conform to the dislike for it, which will increase in proportion to the restrictions made on its consumption. When a distaste for meat has been acquired, the organic adaptation ensured, and the weight maintained meat may be ruled out altogether. In cases of highly nervous people, and with recalcitrants, it is wiser to continue to include meat in a diet, though to a very small extent only,

even during the course of several years, or to permit an occasional return to it, rather than risk a decline due to under-nourishment.

Even in those cases which benefit greatly by the restriction and eventual total omission of meat and fish in diet a feeling of weakness and loss of weight will be observed at the beginning of the change of food. These symptoms must be considered as normal, and need not cause alarm. As a rule, after the first loss the weight is stabilized for a time. Later it returns to what should be normal. This weight may be less than was originally the case, less also than the weight usually, but wrongly, considered normal (based on calculations made from the height and age of the individual), which is exaggerated by from thirteen to seventeen pounds.

Three Different Kinds of Appetite. People can be classified in three groups, according to the physiological conditions of their stomachs. Each will have his special peculiarities and his fancies for certain ways of preparing food.

Heavy eaters are, as a rule, quickly adaptable and easy to feed, since they will eat almost anything, accustoming themselves to fairly monotonous menus and accepting very simplified cooking, copious dishes, and foods which leave waste substances (uncooked foods, plenty of green vegetables, prunes from which the sugar has been extracted). They maintain health on a light breakfast and two abundant principal meals, but should not eat anything in the afternoon. *Moderate eaters* are almost as accommodating, and can digest the courses of a well-balanced menu, cooked without any particular care. This type of person requires three meals a day, including a fairly substantial breakfast, which should not, however, include either meat or eggs. *Small eaters* are nearly always nervous, capricious, and irregular as regards meals. They are difficult to feed, and love stimulants (tea, coffee, vinegar, mustard, etc.), well-cooked food, and varied and unexpected dishes. They enjoy several courses, eating but little of any, and concentrated, strongly flavoured dishes which nourish in small quantities. They dislike monotony, regularity, quantity, food-containing cellulose, and uncooked

food. Since they eat very little in all, and very little of any one course, they should take four meals a day, including a light one in the middle of the afternoon. This class of eater is the most thankless of all to direct and the most difficult to cure.

In deciding upon a suitable diet it is necessary to remember the different aptitudes and tastes of the person for whom it is recommended, and to adapt the composition of its menus and the kind of cookery employed to his or her liking.

Various Occupations. The diet for a manual worker should differ from a brain-worker's, an athlete's from that of a sedentary person. The organic budget must be carefully balanced, setting intake against outlay. Men engaged in hard physical labour, for instance, will require more substantial and more frequent meals than those who are comparatively inactive physically.

A French mason or a field-labourer may be allowed five meals a day: at six o'clock some hot soup and a cup of coffee; at nine a simple meal of bread, cheese, and wine; at midday meat or eggs, a farinaceous dish (leguminous vegetables, Italian pastes, potatoes), uncooked vegetables (wheat, vegetables, salad, fruit), cheese, and a little jam; at four o'clock bread and either cheese or chocolate; for supper a vegetable soup, a boiled egg or some starchy dish made with an egg (rice or semolina), a dish of green vegetables, cheese, and the recommended uncooked vegetables.

On the other hand, a person employed in sedentary work should be satisfied with three meals: he should take nothing in the afternoon, and should eat a light dinner (no eggs).

An athlete may eat more than a man engaged in sedentary employment. He should take nothing between breakfast and lunch, but may eat a little in the course of the afternoon. He should avoid over-nitrogenous foods and stimulants, especially alcohol and fermented drinks. From among the athletic men who have consulted me I have obtained the following typical menus. *Lunch*: sardines or fillets of herring, ham or beefsteak or salmon, two or three eggs *sur le plat*, Camembert or Gruyère,

jam. *Evening meal*: meat soup, two eggs or meat or fish, haricot beans or dried peas, jam or cheese. Such menus not only are not strengthening, but they are exhausting; for the work imposed on the digestive organs and the strain put on the cardiovascular system in the effort to assimilate such a mass of over-rich and toxic food misapply the available nervous energies, and condemn the person to thickening of the body-fluids, straining of the heart, stiffening of the articulations, and, in general, to overwork of the whole human economy. For lunch, for instance, one course of meat or two eggs will provide an ample nitrogenous ration. Fresh vegetables, some farinaceous dish, honey or chocolate, and uncooked foods should be included in the menu, in order to give life to it, to supply the necessary heating material, and to provide the indispensable alimentary synthesis. Meals composed of a great deal of fish, meat, and eggs, with which plenty of strong wine is drunk, will weaken arms and legs. The inferiority of French athletes is chiefly due to their deplorable alimentary hygiene.

Physiological Resistance of the Organs. It is of the utmost importance that the strength of a diet and the concentration of the food should be adapted to the capacity of physiological resistance in the digestive organs. For this reason a child cannot be fed in the same way as an adult, a person passing through an acute stage of illness like a healthy man, or a chronic invalid like an athlete. It is a very grave and dangerous mistake to make a violent effort to strengthen people in a weak state of health, those worn out by arthritis or enfeebled by illness, by stuffing them with strong and stimulating foods, so-called 'tonic' wines, and richly cooked viands. They may be whipped temporarily into something like health by over-feeding and over-stimulation, but after a short time they will be unable to pay the cost of overworked digestive organs, will begin to waste their precious reserves of potential energy, and in the end will relapse into a condition even worse than that from which they emerged. It is absolutely necessary to proportion the strength of the diet and the concentration of the dishes cooked to the visceral resistance of the individual. Very heating food should

be given only to robust workers, for only their digestive furnaces are capable of burning such fuel easily and with good results. People of fairly strong constitution should be given moderately heating food, while children, delicate persons, and invalids suffering from chronically weak digestions must live on the mildly heating foods.

The process of nourishing a body may, in fact, be represented as a conflict between two groups of energy: one furnished by the potential energy of the subject and the other by that of the food taken. It is the former that must dominate, surmount, dissolve, transform, and assimilate the potential energies in food. This destructive and assimilative struggle is a hard and exhausting one when the alimentary enemy is stronger than the human organism. In the course of digesting an over-rich meal the fight so monopolizes all available forces that the person who has eaten is practically put out of action. He becomes so torpid that he is obliged to sleep, and is unable to regain his normal energy until the process of digestion is over. It is only possible to benefit by a meal if the individual is fighting against food which is less strong than he is. He can quickly gain a victory over such food, for he will digest it without fatigue or heaviness, and he will be enriched by the spoils of a conquered adversary without having exhausted his own strength. The secret of strength is to capitalize it. In other words, one cannot retain strength, or regain health, except by avoiding occasions which will overwork the digestive organs and nervous and muscular systems and by knowing how to choose food which in both quality and quantity will be easily digestible with the expenditure of the least possible energy.

Classification of Foods. In order to make it easier to choose the diet which is best suited to individual resistance foodstuffs may be classified under three headings:

- (1) *Very heating foods* (foods of high calorific value), which are the most toxic, most stimulating, most irritant, and most acidifying. Practically all of these should be avoided by arthritic cases and people who are ill.

- (2) *Moderately heating foods* (foods of moderate calorific value), which are suited to the requirements of most persons.
- (3) *Mildly heating foods* (foods of low calorific value), which are best suited for maintaining health in those who are not ill, for strengthening those who are weak, and for invigorating those who are ill or overtired.

(1) *Foods of High Calorific Value.* Fat meats (duck, goose, *foie gras*). Black meats (game, pea-hen, pork and all pork products, ham, bacon, tripe). Red meats (beef, *ragoût* of mutton, raw meat, extracts of meat, and meat gravies). Oily fish (mackerel, eel, herring). Salt and preserved fish (cod, sardine, tunny, anchovy, caviare, cod-liver oil). Shellfish (crawfish (*langouste*), lobster, river crayfish and shrimps, mussels, scallops, edible snails, clams). Sterilized milk (cow's milk as a drink or used in too great quantity in cooking). Strong cheeses (Cantal, Livarot). Haricot and other dried beans, dried peas. Wholemeal bread. Concentrated stocks and soups made from meat, cereals, or vegetables. Too much fat; margarine, cocoa-butter; food fried in animal fat—lard and goose fat. Acid vegetables (sorrel, tomato, egg-plant, rhubarb, watercress). White root-vegetables (salsify, turnips, turnip-rooted cabbage, Japanese and Jerusalem artichokes, celeriac, black radishes, blanched salads). Acid fruits (naturally sour or unripe): red currants, lemons, oranges, sour cherries, grape-fruit, dried peaches, tangerines, figs, apricots, quinces, stewed fruit made of green fruits or windfalls. An excess of sugar, sweetmeats, quince, rhubarb, and red currant jams, orange marmalade. Heavy cakes and puddings (Mocha cakes, cakes made with cream, suet-puddings). Toxic *hors d'œuvre* (sausages, tinned food, etc.). Violent condiments (garlic, shallots, pepper, spices, pickles, gherkins, mustard, and commercial vinegar). Stimulant and pharmaceutical wines, liqueurs, cider.

(2) *Foods of Moderate Calorific Value.* Red meats (lamb and kid). White meats (chicken, veal, tame rabbits, brains, pigeon, young turkeys). Fish (sole, whiting, lemon sole, red mullet, river fish). Oysters. Eggs, cow's milk; condensed milk (diluted).

The richer fungi (truffles, morels). Cream, butter (cooked or browned), mayonnaise, food fried in olive oil. Brown bread, white-flour bread, rusks, pastries made with margarine, *brioche*s, *galettes*, semolina, sweet biscuits. Fresh and, occasionally, dried flageolets, haricot beans, early green peas, Carolina rice. Red cabbage, sauerkraut made without pork (the water must be changed once during cooking), kohlrabi, cauliflowers, butter beans, leeks eaten as a separate course like asparagus, radishes, celery. White cheeses (*petit Suisse*, light cream cheeses). Strong fermented cheeses (Brie, Roquefort, Pont-l'Évêque). Sour milk, goat's milk cheese. Nuts, raisins, dates, pineapples, garden strawberries, raspberries, black currants, muscat grapes, William pears, melons, green olives. Honey. Jams made with sugar. Wine-vinegar. Light wines, beer, coffee, tea.

(3) *Foods of Low Calorific Value*. Eggs and milk in moderate quantities, used in puddings or mixed with some kind of flour. Uncooked butter, white oil, light cheeses such as Saint-Nectaire, Parmesan, Gruyère, Dutch, Camembert. Leguminous vegetables in moderate quantities (fresh early green peas and lentils). Cereals: stale white bread, rye bread, flours (wheat, oat, barley, Indian corn meal, rye, buckwheat, rice); Quaker oats and flaked cereals. Italian pastes (*nouilles*, macaroni, vermicelli). Starchy foods: potatoes, chestnuts, small-grained rice (Piedmont, Madagascar, Saïgon), sago, turnip-rooted chervil. White sauces: sauces made with white oil and food cooked in white oil. Cooked green vegetables (French beans, spinach, globe artichokes, tetragon, edible-podded peas, aroche, marrows, *courgettes*, pumpkin, cabbage in variety, Brussels sprouts, a *julienne* of leeks, carrots, and potatoes). Cooked and uncooked salads (long and cos lettuces, batavia, endive, dandelion, lamb's lettuce), asparagus, cardoons, and carrots. Cultivated mushrooms, *cèpes*, chanterelles; black olives. Cob-nuts, filberts, and almonds. Sweet and very ripe uncooked fruits (pears, apples, plums, whiteheart, black, and other sweet cherries, peaches, apricots, nectarines, grapes, gooseberries, medlars, fresh figs, prunes prepared as directed on p. 222, bananas). Ripe sweet fruits cooked without sugar or with a very small quantity of

cane-sugar or honey; jams made with honey; honey-cakes, chocolate. Light home-made pastries and sweets (tarts, charlottes, pancakes, *galettes* made with oil, madeleines, *brioche*s, sweet biscuits, shortbread, etc., fritters fried in oil, meringues, floating island, rice; vermicelli and tapioca puddings). Mild condiments: onions, leeks, fresh green herbs (tarragon, parsley, chervil, thyme, bay-leaf), nutmeg, vanilla, orange-flower water, nasturtium-flowers. Pure water.

Age and Sex. In order to secure good physical and mental development in children it is necessary for them to be given a fairly substantial and very synthetic diet. It should not, however, be either too toxic or over-stimulating. Children who are rightly dieted and who are brought up in a natural and hygienic way ought not to be subject to those eruptive fevers and contagious diseases which, quite wrongly, are considered inevitable at their age. There is nothing, however, which will make them so susceptible to the harbouring of atmospheric germs as a diet of over-rich and putrescible food (meat, fish, and tinned food) or the precocious use of fermented drinks and stimulants (tea and coffee, and sweets), because these things contaminate the body-fluids, irritate the mucous membranes, and destroy natural immunity.

The two rocks on which those in charge of children's diet are likely to come to grief are (1) too much food, (2) too little. Development in some children is arrested because at an early age they are allowed to eat the same food as their parents; others are affected because their food is too slowly increased in quantity and variety. After quickly surveying the progress of a milk diet we shall indicate the ages at which food suitable for adults may be added to children's menus.

From One to Six Months. The child should be breast-fed seven times in twenty-four hours, five times in the day and twice during the night, with a three-hours interval between meals. As a general rule the baby can take the following quantities from the breast or bottle:

From the fifth to the thirtieth day from one to three ounces at each meal from the breast or from a bottle.

During the second and third months from three to four ounces.

During the fourth and fifth months from four to four and a half ounces.

During the sixth, seventh, and eighth months from four and a half to five and a half ounces.

During the ninth to the twelfth months from five and a half to six ounces.

In the case of healthy children who are not putting on sufficient weight it is not necessary to dilute the milk to the extent recommended below. Milk may even be given undiluted before the periods indicated above. In this case the stronger food should at first be given once or twice only during the twenty-four hours, and at such times as the child cries out for food before the usual hour.

If the child is fed on cow's milk this must be diluted with water, half and half during the first week, with a third of water during the first three months, and with a quarter during the fourth and fifth months. After this time the child can be given undiluted milk. A quarter of a lump of sugar should be added to each bottle. During the first five months, therefore, the quantities prescribed above are composed of a mixture of milk and water, in the proportions indicated.

If a breast-fed child does not thrive, or if the mother is exhausted, bottle-food should be given to it between five and six in the evening, and, if the child's weight remains stationary, again between eight and nine in the morning.

If sweetened condensed milk is used—a milk which keeps its vitamins, and is often digested by children with whom cow's milk disagrees—one heaped teaspoonful of it (a third of an ounce) should be diluted with four tablespoons of water (half an ounce) for the third week.

One and a quarter teaspoons of milk should be diluted with five tablespoons of water during the fourth week.

One and a half to one and three-quarters teaspoons of milk should be diluted with five or six tablespoons of water for the second month.

Two teaspoons of milk and seven tablespoons of water should be given at three months.

Give from two to two and three-quarters teaspoons of condensed milk mixed with from seven to seven and a half tablespoons of water during the fourth and fifth months.

Give three or four teaspoons of condensed milk mixed with eight to ten tablespoons of cow's milk at six months.

Toward the fifth and sixth months the child should be fed six times only from the breast. It should no longer be fed in the middle of the night.

From about the eighth to the tenth month, or, rarely, toward the seventh month, give the child its first infant's food, made of a teaspoonful of flour (see p. 150). This should take the place of the midday breast-feed or bottle. At ten months two teaspoons of flour may be used, and at twelve months three. The child should never take more than one pint and three-quarters (a litre) of milk a day. See infants' foods, pp. 150-151.

Toward Fourteen Months. Give five meals a day, two of which should be of the food: one at midday, one at six o'clock. The bottle at nine o'clock should be discontinued.

Toward Fourteen and Sixteen Months. The child may now take the yolk of an egg mixed with its food or diluted with cream. Or it may be given a boiled egg. Begin by giving this every other day, then daily. See that it is very fresh.

Toward Twenty Months. Four meals a day are all that is necessary. These must now be synthetic. In certain cases the meals may be reduced to four as early as fourteen months.

(1) *Morning.* Seven ounces of milk used in making some kind of soup. Flour should frequently form a part of it, or oatmeal, Quaker oats, barley, Indian corn flour, or vermicelli.

(2) *At Midday.* An egg (six times a week); some kind of starchy food: potatoes mashed on the child's plate or prepared as a *purée*, *nouvelles*, macaroni, rice, chestnuts, semolina, young green peas in spring, lentils very occasionally (no other kind of leguminous vegetable).

To these should be added very small quantities of vitamins A and B—*i.e.*, a square of some tender salad (one or two inches)

finely chopped, about fifteen grains of wheat which have been soaked (p. 224) and crushed with the back of a fork; a *very* little cheese, Camembert or grated Parmesan or Gruyère (it must not be over-ripe); a little uncooked, sweet, ripe fruit (for preference half a banana or a piece of some fruit in season—pear, peach, apricot, one or two very ripe cherries, etc.). For dessert a biscuit, or a small spoonful of jam which has been made of sweet fruits, diluted so as to make a fruit sauce, or a very little chocolate. Bread. As a drink give water, avoiding milk, tea, and coffee.

(3) *At Four o'Clock.* Milk, biscuit or bread-and-butter.

(4) *In the Evening.* A milk soup made with a cereal, as for breakfast; a light starchy food; fruit and dessert, as at midday.

In the case of children of from fourteen to sixteen months who develop slowly, or who cannot assimilate milk (dilatation of the stomach, enlarged abdomen, check in increase of weight, pallor, listlessness), it is best to suppress milk, except in the two dishes of infants' food and at tea, and to prepare one synthetic meal identical with that directed for children of twenty months. This synthetic nourishment containing vitamins in very small doses will quickly bring a return of colour and strength.

From Two Years and on. Add bread-and-butter to the breakfast menu. Increase the doses of uncooked foods, but in moderation. For supper give the child a small quantity of green vegetables in the cooking of which the water has been changed once, either alone or, better, mixed with a *purée* of potatoes (a teaspoonful of cooked lettuce, or of carrot, or of spinach, or globe artichoke).

Flour should not be given before eight months, malted flour not before the fifth or sixth month, butter before twelve months, the crust of bread before fourteen months, fruit and fermented cheese before fourteen to eighteen months (except as indicated above), mushrooms before two years and a half, meat or fish before five years.

The Chief Risks in Children's Diet. These are sterilized milk, lactiferous, malted, or phosphated flours; industrial or pharmaceutical food products made for children; *purées* of leguminous

vegetables; acids and irritant foods—rhubarb, red currants, oranges, lemons, tomatoes, sorrel, watercress, acid or unripe fruit, and uncooked or cooked windfalls (these latter may cause sore throat, bronchitis, eczema, and eruptions); an excess of sugar and sweetmeats; shop-bought pastry; very concentrated soups made of vegetables or cereals (these will cause irritation of the mucous membranes and of the skin, coughs, and eczema); meat given at too early an age; pork, game; fish; soups containing fat; vegetables cooked with meat; wine, coffee, tea; diets which exclude eggs and the prejudice against giving them (any child can digest an egg which has first been diluted with cream or with some starchy substance—cakes, soups, puddings, croquettes of potato, biscuits, pancakes, etc., are digested more easily and are less liable to become toxic if taken with eggs than with meat or fish); tapioca and potato flour (this latter contains very little nourishment); too many green vegetables; too much fruit, even if it is sweet; too much butter.

Up to the ninth month a child will be able to obtain the vitamins necessary for his development from his mother's milk, or from cow's or sweetened condensed milk, and from flours and cereals. Do not adopt the fad of giving orange- or lemon-juice to any unweaned child, although this is often done at the end of the first month. These juices will eventually acidify the body-fluids, destroy natural immunity, and predestine a child to eruptive fevers, colds, coryza, bronchitis, diarrhoea, erythema of the buttocks, rickets, nervousness, etc.

Finally, on no account should a constipated child be tormented by continual treatment (the use of an enema, suppositories, laxative syrups, castor oil, calomel, etc.). All that is necessary is to check the diet, and to augment it if the child is being undernourished (which is often the case); to make his food (see p. 151) with two teaspoonfuls of ordinary flour and one of whole-wheat flour (including the bran) which has been ground at home (see p. 151); to give the child the useful uncooked foods, including one or two grated almonds after the midday meal; and to leave off any treatment, mechanical or medicinal, for obtaining regular motions.

From six years onward a child can eat practically the same food as its parents, though it should be limited to foods of moderate or slight calorific value (see lists on pp. 75-77). The child may be given something to eat in the afternoon. His diet must be both synthetic and varied, and on no account must he be allowed hyper-stimulant foods or drinks (strong meats, tea, coffee), or, above all, cooked dishes which are very concentrated, nitrogenous, or sweet, or which contain a great deal of butter and seasoning.

The principal foods for consumption by adults have already been mentioned.

Old people, whose bodies are wearing out and chilled, and whose processes of nutrition have slackened, must be directed in such a way as to economize their strength as much as possible. Their digestions must be spared the exhausting work which heating foods would give them. They should specially rule out very putrescible food (pork, fish, shellfish), game, and alcohol (brandy, liqueurs, *apéritifs*). The intestines, which often have become lazy in old age, rarely assimilate milk in the liquid state. Old people quickly lose their capacity to adapt themselves, and changes made in their diet should therefore be neither too rapid nor too radical. It is better to reduce their allowances of meat, wine, and tobacco than to abolish them. A regimen too long continued is as bad for them as one that is too rich. During an acute crisis the amount of food given must be increased almost as quickly as it would be in the case of children, or there will be danger of a rapid decline. On the other hand, even one single marked departure from the prescribed diet might be dangerous (black puddings, mussels, high game, etc.). The evening meal should be very light, and should contain little nitrogenous food, neither meat nor a whole egg. It should consist of soup, fresh vegetables, fruit, and dessert (cake or jam). In winter hot drinks and foods are beneficial, as are sweet puddings or cakes, honey, chocolate, and jam. The cooking should be simple and unconcentrated.

With regard to modifying a diet owing to the *difference in sex*, it should be remembered that a woman is more nervous, less

muscular, and of lighter weight than a man, and that she requires a less nitrogenous and heavy diet than he. The Assistance Publique in Paris makes a difference of between 10 and 15 per cent. in the allowances for men and women in hospitals. Again, a woman's appetite is generally smaller than that of a man, and she likes more savoury and varied food than he does. Those who eat very little at lunch can take a light meal in the afternoon. Finally, it must be taken into account that there is something of a woman in every man and something of a man in every woman. This amounts to saying that diet must be arranged more in accordance with individual temperament, psychology, and the degree of appetite than merely with regard to sex.

Physiological Conditions (Pregnancy and Nursing).

During pregnancy it is not only necessary to provide an absolutely synthetic diet which will correspond to the increase in appetite of the patient, but to take into account her instinctive fancies for foods. At the same time, she must not be allowed any very toxic foods (dark meat, alcohol, etc.), and, above all, no acid or acidifying foods (see lists), for these would injure the formation of bone and the supply of mineral salts for the blood and liver of the foetus. It is essential, if the child is to be given the materials by which its body will be built up and strength attained, that the mother should be spared all strain.

During the first five or six days following the birth of a child a nursing mother should abstain from meat and fish, or any very strong nourishment, in order to avoid infecting the body-fluids, for this might lead to fever or puerperal infections. A synthetic diet should then be chosen which includes all of the uncooked foods which supply the three kinds of vitamins (salad dressed with home-made vinegar, wheat, and uncooked very ripe fruits). Acid or green fruit, or windfalls, even if stewed, would be harmful. While increasing the amount of nourishing food taken, in proportion to the progress of the secretion of milk (a little food between the principal meals will often be necessary), the patient should abstain from heating foods (see under "Foods of High Calorific Value," p. 75), irritants (coffee, alcohol, mustard), and

acidifying foods (lemons, oranges, tangerines, commercial vinegar, pickles, gherkins, sorrel, tomatoes, strawberries, dried figs, dried apricots, watercress, egg-plant, stewed fruit made of wind-falls, leeks, onions, garlic, asparagus, horse-radish, chives, black radishes), which would poison the mother's milk, or communicate a bad taste to it, and so upset the child. Nursing mothers must never be stuffed with dried vegetables (lentils, peas, beans) or with beer, for these not only have no value in the production of milk, but will give it an irritant quality. When a child at the breast is ill there is no need to look farther for the cause than the mother's diet. Once the errors in it have been discovered, all that is necessary is to correct the dietary, and at once the child's symptoms (affecting its blood and excretions) will be allayed.

Temperaments. Nervous subjects require varied and sufficiently savoury cooking, but they must not overdo the use of stimulant foods (meat, fermented drinks, tea, coffee). Choleric persons, whose impulsive tendency is great, should observe the same restrictions. At the same time, they should take a sufficiency of foods having high calorific value (honey, chocolate, honey-cake, puddings made with flour, etc.). Full-blooded people, who are subject to congestive, cardio-vascular troubles and to hæmorrhage, should be very prudent in their diet, and should rule out all food that will incite the blood or run to fat (underdone meat, strong wines, sweetmeats, and, in general, too much food). Lymphatic subjects, especially children, should not be given much milk or fat, since both would tend to add to their weight. Their diet should be varied and fairly stimulating, in order to combat their temperamental slackness.

Years and Seasons. There are certain influences in the constitution of every year (solar and meteorological influences) which often to a great extent occasion variations in the chemical concentration of food, in its power to stimulate, and, through these, in its nutritive properties. Neuro-arthritic cases and invalids are particularly sensitive to these annual influences, and they play a preponderating part in causing indispositions and collective illnesses, a fact of which only the doctors of the naturist school take any account. Owing to these influences, it

is often necessary to make meticulous modifications in the choice of foods and in the methods of cooking them.

The reasons for these changes lie chiefly in the variable rhythm of sunshine (the rhythm of the sun-spots, etc.) and in the relative dryness or humidity of the seasons. In years of great heat and lack of rain foods naturally become hyper-concentrated, and their nitrogenous, saccharine, and mineral contents are increased. These foods then provide very strong nourishment, and unless their use is restricted and certain culinary precautions are taken, such as changing the water in which vegetables are boiling when they are half cooked, they may cause congestive, hæmorrhagic, and plethoric seizures, as well as irritations owing to the excess of mineral salts contained in them (lithiasis, attacks of rheumatism and gout, inflammations of the mucous membranes). These in their turn may lead to dyscrasia and to a state of receptivity for infectious illnesses. On the other hand, during a sunless year with a heavy rainfall in summer there will be a very marked decrease in the concentration of the nutritive values in foodstuffs. This must be corrected by increasing the values of the various categories of food, otherwise illness consequent upon lack of nutrition and various deficiencies in the body-fluids will arise.

These marked peculiarities in the produce of different years will explain why an epidemic of influenza can break out at long intervals and arise out of entirely different causes. In 1889, a poor year, the great outbreak of *grippe* in France was marked by malnutrition (anæmia and asthenia), while in 1918, a rich year, it was marked exclusively by congestions, and it was found necessary to bleed a great many of the patients.

It is easily possible, without being a meteorologist, to observe these alimentary peculiarities by noting how different is the taste of vegetable foods which have come to maturity in a hot season from those which have developed in a rainy one. During a year of strong sunshine and drought green vegetables will be found to be noticeably bitter. If cooked in very little water they will cause thirst and irritation; fruit will be super-sweet, and very sticky to the touch; leguminous vegetables and brown or

wholemeal bread will be heavy to digest, and will cause congestions. But if these overstrong foods are taken in restricted quantities, and the water in which vegetables are boiled is changed once during cooking, the troubles mentioned will disappear. On the other hand, during a poor year the low concentration of green vegetable products and the lessened strength of leguminous vegetables and fruits make it necessary to cook them in very little water, to eat more leguminous vegetables, and to complete the amount of sugar supplies in puddings by the more frequent addition of honey, honey-cake, jam, and chocolate.

Seasonal influences must equally be understood. In winter the menus of the two chief meals should contain less nitrogenous and more farinaceous and sweetened food (starchy foods, cereals, sweet puddings), for, owing to the cold, winter is the season of natural rest and of organic inhibition. The human economy has need of less nitrogen—much less is necessary and utilizable in cold weather—and of more hydrocarbonated foods to maintain the heat of the body. In spring, the season when hens lay eggs and the milky secretions begin to flow more freely and richly, a diet should contain both more nitrogenous and more watery foods (fresh vegetables and fruit), for in the order of nature the human organism abounds in activity at this time of the year (reproductive phase among the majority of creatures, springing of the sap—vital force—great vegetable and animal activity, abundance of food).

It is important to follow these annual and seasonal laws of vital rhythm very carefully. Excessive muscular activity and the eating of too much food in winter are equally dangerous. They wear out the body prematurely. Observance of winter rest in the matter of both diet and exercise will ensure good health and prolonged vigour.

Unseasonable food has the same tendency to destroy the correct proportions of food elements in a diet. Forced or early imported vegetables, which have been grown under different conditions of climate and sunshine, and gathered before maturity, or which have been artificially forced, are, as we have

already said, very harmful. They have very small nutritive value, they do not fall in with the normal rhythm of food-supply, and they upset the natural order of things. It is for these reasons that we should never, except when it is absolutely necessary, eat *primeurs* or exotic and forced vegetables and fruits.

In Chapter IX monthly lists of vegetable foods in season will be found, and to these are added a number of menus which should be useful in planning well-balanced diets suited to the different seasons of the year.

Climatic Influences. Diet should necessarily be adapted to variations of climate, associated as they are with differences both in the matter of race and in that of vegetation. The climates of Northern latitudes demand a more generous dietary, with an increased proportion of starchy and saccharine foods, to supply the greater need for stimulation and heat production. In hot climates more water and more fruit are required. Those who live at a high altitude can take milk products more liberally than dwellers in the plains. At the same time, they will do well to exchange their marketable products freely with lowlanders, thereby avoiding the many deficiency diseases to which mountain-dwellers, whose diet is poor in fruit and vegetables, are so liable. Such a diet is, indeed, the determining factor in producing deficiency diseases, as shown by the prevalence of goitre, thyroid insufficiency, etc., in certain parts of Switzerland.

To Europeans the climate of tropical countries has its dangers chiefly because of their ignorance of the ordinary rules of diet. And the danger is increased because they neglect the native foods and insist on importing the European habit of taking too much food, too much meat, too much alcohol, cocktails, tinned and preserved food, etc. Most colonial ailments could be avoided by taking little or no meat and no tinned or bottled foods, and by confining oneself to a diet of eggs, milk products, and native fruits and vegetables.

Illness. The choice of a diet calculated to prevent illness is essentially a matter of general principles, varied according to personality and season. Anyone who has learned how to regulate his choice of food in conformity with the laws of physiology,

with individual temperament, and with seasonal conditions has practically solved all health difficulties. Indeed, once realize that it is ignorance of, or failure to comply with, the natural conditions of a healthy life which is at the root of most illnesses, and even of bacterial infections (for, let me repeat, it is the receptivity of the soil which mainly allows infections to gain a foothold in the body), and it is easy to understand how the reform of bad hygienic habits and obedience to the physiological laws which govern diet will be enough to restore nervous equilibrium and to purify the body-fluids—in other words, to effect a cure.

It is a great mistake to believe that there are specific regimens and special menus (a new kind of idol) capable of curing dilatation of the stomach, congestion of the liver, renal calculus, biliary colic, nephritis, enteritis, arterio-sclerosis, tuberculosis, etc. The menus which could be prescribed for each of these diseases would be a series of irksome repetitions and rigid applications, which would constantly fail to suit the age or sex, the class of appetite, the annual and seasonal conditions, the stage of depuration which the patient has reached, or the morbid symptoms of his case. The main thing, therefore, is first of all to apply the general principles of normal alimentation, and only after these have been secured to introduce special modifications. We fully recognize the precautions and special restrictions which complete the perfect adjustment of a diet to particular individual defects of metabolism (such as the incapacity to metabolize nitrogenous foods found in cases of albuminuria, gout, or rheumatism; accumulations of mineral salts in patients suffering from calculus or stone; the inability to metabolize acids and the loss of calcium salts in those deficient in mineral salts; the failure to metabolize sugars and strong starches in cases of diabetes and obesity, etc.). But we repeat that these corrections are no more than simple variations to be applied to a standard of alimentation. These modifications should be made by stages, beginning with a restricted meat diet, followed by a gradual lessening of the amount of flesh eaten and a diet increasingly rich in vitamins (uncooked food). We will now enumerate these particular

adaptations in the preparation of food and in the composition of menus.

Acute Feverish Conditions. Patients attacked by acute illness associated with marked fever will at first require a fluid diet only—one that is laxative rather than nourishing. At the onset of acute stages of illness pure, unboiled water is, for the most part, not only the best drink, but the best means of purifying and relieving the general congestion of the body. Water is much superior to milk, though it is now customary to order the latter at this stage. Milk coats the mouth, overloads the stomach, constipates, and retards excretion. It is indicated only in the case of children and of highly nervous people. Later a weak stock made of vegetables—a sort of vegetable tea—may be given (three ounces of potato, two of carrot, three-quarters of an ounce of whole barley, three-quarters of an ounce of leek, cooked in enough water to make a quart after evaporation during boiling). Neither dried vegetables, turnips, nor any cereal other than barley should be added, for these would overtask the gastric juices. At this stage the juice of fresh fruits (cherries, grapes, pears, peaches; orangeade) or even whole fruits may be given. A little chocolate made with water may also be taken if desired.

When the temperature falls a liquid diet should be given: soups made of weak vegetable stock, or of milk diluted with an equal quantity of water, to which ordinary or malted flour, small Italian pastes, vermicelli, tapioca, or semolina are added; then *purées* of potato, made without milk and served with or without butter (avoid *purées* of leguminous vegetables); then an egg mixed with other ingredients and served as a sweet, or diluted with a meat broth. Finally, the patient can be put on a balanced diet of light foods.

Gastro-hepatic Troubles in Arthritism. The deficient action of the digestive glands in arthritic patients makes it necessary to modify their diet by excluding all the foods given in the list of very heating foods (p. 75), and by reducing the consumption of meat, of fermented drinks, of fats (especially in *entrées* and pastries), of fresh leguminous vegetables, of coffee, and of wine. The patient must not be given sorrel, tomatoes, rhubarb, egg-

plant, lemons, acid or green fruits, or cooked white vegetables. His diet should be lighter and should contain more cooked and uncooked vegetables than would normally be the case. Arthritic patients will tolerate an egg more easily than meat, provided that not more than one a day is eaten, and that the general use of eggs in sauces and sweets is not carried to excess.

Acute and Chronic Enteritis. Acute enteritis in young children is best treated by a water diet. It must not, however, be continued for longer than from twelve to twenty-four hours. Pure water, alkaline waters (Vichy-Célestins, Pougues, Vals), and rice-water to which have been added tablets of lactic bacillus (lacteol, lactobacilline) may be given. Later the child may take a little very light vegetable stock, as already described, or some milk that has been allowed to become sour. Gradually a return can be made to milk diluted with water, and, if the child has been weaned, to the foods proper to his age, but given in small quantities (eggs and milk in puddings, custards, etc.). The best preventive treatment of enteritis after the age of infancy is the avoidance of all toxic, indigestible, acid, and irritant foods (dark meats, ham, fish, dried vegetables, green or acid fruit or windfalls, cooked fruit, sorrel, tomatoes, rhubarb, lemons, and oranges).

It is the consumption of these foods which causes and favours recurrent attacks of chronic hæmorrhagic and mucous colitis in adults. A milk diet, or one containing too much meat, the continued use of heating foods, dried vegetables, acid fruits and vegetables, milk taken in liquid form, white double-cream cheeses, complicated sauces, fermented drinks, jams made of acid fruits, *compôtes* of acid dried fruits (figs and apricots), concentrated soups made of cereals, vegetables, and meat, raw-meat juice, pharmaceutical products, white vegetables, tomatoes, lemons, oranges, sorrel, rhubarb, and commercial vinegar are the common causes of the continuance of enteric lesions.

In acute crises it is necessary to avoid irritation from fibrous or toxic food. (Give up cooked green vegetables and fruits.) Provide a diet with more substance in it: soups made with Italian pastes and malted flours, dishes containing diastased

starchy foods (see recipes for same) or flour of malt, toast which has been made crisp in the oven, rice, quince jam. Give lactic bacillus in tablets or in naturally soured milk, and order the liberal use of hot applications on the abdomen. Plenty of rest, with the body well extended, should be ordered.

Cases of chronic enteritis can be cured only by reducing to the utmost extent the over-rich, over-concentrated, and over-putrescible foods (meats, fish and shellfish, game), irritant food (sweetmeats, alcohol, fermented drinks), too acid food (sour fruit and vegetables), and dishes that contain a great deal of fat and seasoning. The patient should be accustomed to the continued use of a normal physiological and synthetic diet: egg, mildly fermented cheese, cereals, flour, starchy vegetables and foods, cooked green vegetables, and a synthetic mixture of the three kinds of uncooked vegetables, beginning with a very small portion (see p. 223). It should be understood that neither eggs, cooked vegetables, nor uncooked fresh fruit will prove obstacles in the way of the cure of enteritis. They must not, however, be taken during the course of an acute attack. On the other hand, it is of the utmost importance to rule out of the diet all foods that are neither physiological nor digestible. These we have already enumerated. Later it is only necessary patiently and gradually to adapt the intestines to a return to normal foods. Begin by giving an egg cooked in one of the mixtures for which recipes will be found later, and introduce uncooked foods in homœopathic doses (half a salad leaf, a teaspoonful of *julienne* of uncooked vegetables, twenty grains of soaked uncooked wheat, half a very sweet ripe fruit—peach, apricot, banana, pear, greengage, sweet apple, etc.).

Diabetes. People suffering from diabetes should avoid commercial sugar, chocolate, jams, strong starchy foods (Italian pastes, rice, chestnuts, flours, semolinas, farina, and tapioca). Very little bread should be eaten, and no sweetened fruits or sweet dishes. But it is not necessary to go so far as suddenly to prohibit all starchy foods and fruits. The majority of diabetic patients can assimilate a potato, a little of the crust of brown or wholemeal bread, a few lentils, and a small quantity of porridge.

In cases of diabetes the excessive reduction of carbohydrates, too long fasting, the eating of too much nitrogenous food (excess of meat, over-nitrogenized breads), the abuse of fat, either animal or manufactured (meat fat, bacon, lard, vegetaline, glycerine), may lead to serious acid toxæmia (acidosis, shown by the chloroform-like odour of the breath). Diabetic patients, therefore, should not be given meals containing a great deal of putrescible food (pork, ham, game), fish, or such over-nitrogenized specialties as are made principally with nuts, or sweets containing a quantity of almonds or filberts, of lemon, or of gelatine. Rhubarb, tomatoes, glycerine, and saccharin are valueless for them.

A progressively vegetarian regimen, the consumption of those foods given under the heading of moderately and slightly heating foods (pp. 75-77) and of slightly acid fruits (oranges, sour cherries, red and white currants) for longer or shorter periods, a preponderance of cooked green vegetables, of cooked fruit from which the sugar has been extracted by successive changes of water (prunes, etc.), short fasts (the evening meal consisting of acid and oily fruits), uncooked foods, the use of bicarbonate of soda in cookery (green vegetables and baking-powders), are salutary. Finally, it is necessary to suit the diet to the individual, to adapt it to the conditions of the year and season, and to keep it synthetic while diminishing the proportion of sugar and starch given.

Albuminuria. A chloride-free diet is not indicated in cases of albuminuria, except when it is associated with œdema, or, which is rare, if the absence of chlorine would inevitably result in the reduction of albumin. A salt-free diet and cuisine must not be considered a panacea for albuminuria. A *moderate* use of salt may therefore be permitted in most cases. It is important, however, to suppress toxic, nitrogenous, or very strong foods (pork, ham, bacon, lard, game, fish, dried vegetables, too many eggs and too much cheese, liquid milk and excess of milk) and such acid foods as will act as irritants to the kidneys (particularly acid fruits and vegetables—sorrel, tomatoes, lemons, oranges, rhubarb, watercress, egg-plant). A milk diet is not ideal for albuminuric patients, for the temporary beneficial influence it

exerts is chiefly due to the concomitant elimination of other dangerous foods. A progressively synthetic vegetarian diet composed of the more mildly heating foodstuffs, the absence of acid food, and simple cookery, without complications or harmful concentrations, is the best treatment for albuminuria.

Gout and Chronic Rheumatism. There are two dangers to be avoided in the composition of menus and the cooking of food for gouty and rheumatic patients. One is an excess of nitrogenous material, the other an excess of mineral salts, for it is chiefly the urates of calcium which accumulate and then clog the tissues and articulations. In sub-acute stages avoid meat, fish, eggs eaten alone (cooked with other ingredients they may be taken), liquid milk, cheeses, mushrooms, whole cereals (wholemeal and brown bread, semolinas), leguminous vegetables, sorrel, tomatoes, rhubarb, watercress, and egg-plants. It is necessary also to avoid the concentration of mineral salts. Vegetable soups must be very weak, of the vegetable-tea order; and the water in which vegetables are cooked must be changed during cooking (at least twice during a dry season). This rule applies also to potatoes.

In certain cases it is even necessary to get rid of the mineral salts contained in water. To do so, boil it, and then carefully decant it so that the chalky deposits will be left behind in the vessel in which it was heated. A periodical consumption of sour fruit; or a fruit cure; or the use of uncooked vegetables and fruit; or sweet puddings eaten regularly; or honey, jam, and a little chocolate to aid in the utilization of proteins and inorganic salts—all will serve. But a carefully balanced diet will favour a cure equally well.

Deficiency of Mineral Salts. Those whose reserve of mineral salts is low cannot easily digest acid substances, and in order to neutralize them in the alimentary canal and to preserve the alkalinity of the blood they are obliged to use up their store of basic or alkaline salts. This causes dental caries, phosphaturia, and the elimination of sediment and gravel by the bladder or intestine. Such people should, therefore, be carefully warned against taking any kind of food which would either directly or

indirectly supply acids—that is to say, against acid vegetables and fruits (especially lemons, grape-fruit, oranges, tomatoes, and sorrel); excess of meat, fish, eggs; the abuse of even moderately sweet fruit and of any products which may give rise to acids of fermentation during digestion (too much bread, white vegetables). They must also be prevented from doing too much, for overwork will cause acidity and lower the system. Their store of mineral salts should be increased by eating daily a dish of cooked green vegetables and by taking the three different kinds of uncooked food (salads, vegetables, and wheat); by eating very sweet and very ripe fruit; and, above all, by following a perfectly synthetic dietary containing nitrogenous and sweetened foods and fats. A simple, mild, and very slightly concentrated form of diet will suit these cases best.

The following is a list of foods which acidify and tend toward loss of mineral salts:

Liqueurs, *apéritifs*, cider. Putrescible nitrogenous foods (pork, ham, fish, game). An excess of nitrogenized foods. Devitalized sweets (sweetmeats, sugar almonds, candied fruits, barley-sugar). An excess of sugar. Acidifying fats (lard, dripping, browned butter, margarine, cocoa-butter). Foods which ferment easily (too much bread, red cabbage, white vegetables). Acid fruits (red currants, sour cherries, lemons, grape-fruit, oranges, tangerines, strawberries (especially the Alpine varieties), certain sour kinds of pear, apple, raspberry, and mulberry). Too many sweet fruits. *Compôtes* made of green fruit or of windfalls. Vinegar. Too much sour milk. Acid vegetables (sorrel, tomatoes, egg-plants, watercress, rhubarb, sauerkraut). White vegetables (turnips, Japanese artichokes, salsify, Jerusalem artichokes, celeriac, butter beans, turnip-rooted cabbage, cauliflower, blanched salads). Commercial foods, sterilized or tinned. Super-alimentation.

Tuberculosis. The impoverishing of the organic soil counts far more as a determining factor in tuberculosis than infection by bacillus. In cases of tuberculosis we find exhausted digestive organs and glandular insufficiency. A very full diet of nourishing food and the use of raw meat may bring about an immediate

improvement. Flesh will be put on, and the blood-pressure will rise; but the improvement will be temporary only. It will be followed by attacks of hæmoptysis, hæmorrhagic enteritis, hæmorrhoids, and by emaciation, and finally liver, stomach, and intestines will suffer, and general debility ensue. Such will be the results of a heavy and abundant diet.

The best safeguard for a tubercular patient lies in the resistance of his digestive organs. The enemy of these organs is over-strong nourishment—a too concentrated form of diet and the constant use of putrescible foods and of medicines. These cases can be cured only by following the right diet and by avoiding heating foods and chemist's drugs. They require simple cookery, a moderate and synthetic diet (including the three uncooked foods), and a healthy, hygienic life spent in the open air. It is of the utmost importance to avoid any abrupt, radical, and definitive change in their customary diet. Any changes should be made slowly, to suit their physiological requirements, for it is only by the observance of physiological alimentary law that it is possible to restore health and strength. This applies both to the tubercular and to the non-tubercular.

Obesity. To suppress drinks, to prescribe long fasts, lemon cures, thyroid extract, excessive exercise, violent purgation, or a milk diet are all inappropriate means of fighting obesity. The most efficacious way is permanently, though by gentle stages, to adopt a more physiological diet—that is to say, a vegetarian diet, which should not, however, contain too many fattening products (too much sugar or fat, very starchy foods, sweet fruits, pastries, or bread). Cooked green vegetables should predominate, and they should be eaten regularly; the recommended uncooked vegetables must be included.

Emaciation. The cure for emaciation should not consist in a diet of super-alimentation, except in cases which are the result of starvation (famine, long privation, various insufficiencies due to ill-composed diets; convalescence after an acute illness), and even when a very full diet is resorted to it should not contain very toxic foods (no raw meat or cooked meat in any quantity), and the menus should be synthetic.

The other causes of emaciation are so numerous and varied (physical overwork, nerve-strain, atrophy of some organ, functional or infectious disease) that it would be impossible for any one form of dietary to provide against them. A doctor must be called in to prescribe, and he will take into account the conditions imposed by temperament, disease, powers of adaptation, the season, and the year.

When it is a question of emaciation making violent and accentuated progress in a nervous or lymphatic patient any reform in diet should include the temporary reduction or avoidance of cooked green vegetables and of uncooked vegetables. The proportion of fattening foods (starches, cereals, sweet dishes) should be increased. The patient should be accustomed to a nitrogenous ration (more frequent use of meat, mutton), to varied and savoury cooking, and be allowed forced vegetables (*primeurs*). The need of plenty of bodily rest (*chaise-longue* or bed, especially after the midday meal) should be stressed, in order that he may recuperate.

Furunculosis, Anthrax. If it is a question of treating a diabetic patient the appropriate dietetic cure must be given. If the patient suffering from furunculosis has set about reforming his diet too abruptly and drastically it is much more a question of under-nourishment and of the body's inability to adapt itself to new conditions than of the elimination of those toxic products which had previously accumulated. The patient must be put back on a less severe diet, return to nitrogenous foods (meats, eggs), and check the deficiencies (add starchy foods; eat butter again; make sure that the amount of sugar taken is adequate). Any kind of overwork must be forbidden. The tendency to overdo is often observed in people who are very keen about food reform (too much exercise, water cure, sun cure).

In other cases it is necessary to exclude the sources of poisonous protein derivatives (dark meats, fish, shellfish, tinned foods, ham, pork, and all pork products), acid and acidifying foods (acid fruits and vegetables, white vegetables, vegetables containing sulphur, garlic, shallots, onions, leeks, watercress), dried vegetables, bacon, lard, animal fats, liquid milk, white cheese, cider, vege-

tables cooked in too little water, and afternoon tea, which would overload the stomach. The diet should contain as little toxic and irritant food as possible, and, above all, it should be synthetic. The menus should be chosen from the list of slightly heating foods (pp. 76-77), for these quickly restore the balance of the constitution and the healthy condition of the body-fluids.

Obstinate Eczema. In cases of this form of eczema the same alimentary causes of skin irritation as were noticed under furunculosis should be looked for—any food that contains too much nitrogen: fish and shellfish; acid fruits and vegetables; green and unripe fruits even when cooked; toxic fats; dried vegetables; white vegetables; vegetables containing sulphur; too much bread; wine and cider. Among other things, it is very important to avoid eating tomatoes, lemons, strawberries, sorrel, cider, commercial vinegar, complicated sauces, browned butter, sour condiments, pickles, mustard, capers, gherkins, uncooked wild chicory. In some cases milk, eggs (boiled, poached, etc.), and cheese should be forbidden. (Saint-Nectaire or Parmesan may be allowed.) The patient can be given small quantities of egg, mixed with flour (see recipes); farinaceous products which are not too heating; mild fats (uncooked butter, white oil); green vegetables cooked in plenty of water; very sweet ripe fruits (bananas, peaches, pears, plums, prunes, etc.); salads (a very little at a time); light puddings, small quantities of sweet food (the individual tolerance of such food must be studied), such as honey, jam made with honey or sugar, chocolate as a drink (made with water), bread and light pastries made with a little butter or white oil, but no milk.

Constipation. Too much meat, over-fat cookery, dishes composed of foods which coat the digestive tracts (eggs, fats, sugars), avoidance of all foods containing cellulose (uncooked salads, cooked green vegetables, leguminous vegetables made into *purées*), are the causes of constipation. On the other hand, foods which leave a waste (salads, uncooked vegetables, fruit, and wheat), unsieved food, rye bread and wholemeal bread (for breakfast), oleaginous fruits (cob-nuts and almonds), whole meal for children (one teaspoonful of whole meal mixed with

two of white flour in their foods, see p. 151), are physiological aids to peristalsis. It is important, however, to watch not only the mechanical action, but the chemical stimulus given by eating more savoury foods. There should be recourse to meat (a specially stimulant food), coffee, tea, salt, tobacco, if these have been too abruptly suppressed; also the addition of condiments and spices and of well-cooked dishes.

Finally, as a supplementary mechanical means of stimulating the bowel, we would mention whole linseed, psyllium seeds, and the prune cure described on p. 222. The prunes, from which the sugar has been extracted, should be taken at the beginning of the two principal meals, in amounts varying from ten to thirty. They should be served with a little of the last water in which they were cooked—never dry.

Chapter VII

HYGIENIC AND ECONOMICAL COOKERY

Eat at home and learn to cook—Harmful and wholesome cookery—Various ways of cooking—How to buy food—The avoidance of waste—Organization and cleanliness.

Eat at Home and learn to Cook. It is impossible to be master of your health if the care of your digestion is left in the hands of restaurant-keepers, or if you have not been trained to superintend the careful preparation and cooking of food in your own house. Without some culinary knowledge no woman can either order her meals rightly or fill the gap when the cook is ill or away. Lessons in cookery of a simple but rational kind should, therefore, form a compulsory part of every girl's education.

The period between illness and restored health is greatly prolonged if the patient is forced to go to restaurants for his meals, for what is provided for him will often have been cooked with margarine or some other substitute for butter, while materials of doubtful quality, or twice-cooked food, will be disguised by indigestible or toxic sauces containing chemical products. Also, the menus will be poor in vegetables, both cooked and uncooked. Further, many patients will lose the benefit they might otherwise obtain during a rest cure or a holiday because they will be poisoned by the food served in hotels, restaurants, and even nursing-homes.

There is one way only of avoiding chronic indigestion, and that is wisely to content oneself with natural menus and simply cooked dishes prepared by oneself, or by a properly trained servant, at home.

Harmful and Wholesome Cookery. Cookery which is merely the slave of the demon of greediness is the handmaiden of death. Long ago Seneca wrote, "Our sick people are innumerable. This is not astonishing. Count our cooks."

Before cookery existed and the use of condiments was discovered, many toxic foods, such as the flesh of dead animals and fish, were ignored by man. The art, as it developed, made use of spices, fats, and sauces in order to tempt the appetite. This led to the vice of over-eating, a vice which overworks the digestive organs, over-stimulates the nervous system, and overburdens the body-fluids. Those who are proud of being *gourmets* and who make a cult of the pleasures of the table are the worst enemies of both their mental and physical well-being.

The most dangerous forms of cookery are those in which too many nitrogenous dishes are included in one menu (animal *hors d'œuvre*, meat, fish, eggs, leguminous vegetables, and cheese), in which dishes swimming in butter or fat are served, and, above all, in which food is cooked according to recipes containing incompatible ingredients, which overdo the use of eggs, butter, milk, cheese, and sugar, or which include commercial extracts of meat, etc., unwholesome products such as gelatine, saccharin, chemically prepared foods, synthetic flavourings, and alcoholic liqueurs (rum, kirsch, brandy). The use of undiluted milk makes many dishes indigestible. Cookery-books, however, always recommend its inclusion in *purées*, and it is too often added to rice, sauces, sweets, and pastries. Many dyspeptics are cured by reducing the quantity of undiluted milk used in such dishes as we have mentioned. Pure milk should enter into the composition of a few dishes only—such as boiled and baked custards.

Many of the recipes in constant use provide fundamentally indigestible food, and the grouping together of too many concentrated products is liable to lead to infection of the digestive organs and to arthritis. It is very easy to believe at the end of a rich and varied meal containing an egg dish and a cheese course that one has eaten but one egg and a small piece of cheese. Yet if the ingredients of the courses served—dishes *au gratin*, *entrées*, sauces, and sweets—were taken into account it would be realized that in all probability two or three eggs and quite a large amount of cheese had been consumed. It is not astonishing that such meals should result in gastric acidity, sick headaches, hæmor-

rhoids, sleeplessness, a condition of nervous irritability, and lack of vitality.

It is of the highest importance that people should recognize the fact that most of the dishes prepared according to recipes given in cookery-books are dangerous to health, owing to the richness of the ingredients contained in them. These should be reduced to the lowest possible degree consistent with good, simple cookery and the necessity for making food both palatable and appetizing. Take as an example the recipe given on p. 178 for vegetable galantine. This dish requires one egg, a medium-sized onion, rather over two ounces of butter, four ounces of lentils, and, as a substitute for tomatoes (which acidify, and tend to cause arthritis), black olives. In this form the galantine is well-balanced and wholesome, whereas if it were made according to the usual formula it would contain two eggs, four large onions, a quarter of a pound of butter, five ounces of haricot beans, two pounds of tomatoes, two tablespoons of rich sauce, etc.—a combination which would inevitably overload the stomach. Take another example. Souffléd fritters can be made successfully with three eggs and an ounce of butter only, whereas a modern cookery-book gives among the necessary ingredients five eggs, three and a half ounces of butter, and the same quantity of milk. Again, very good pancakes can be made with two eggs and a pound of flour moistened with water, whereas certain manuals recommend a mixture composed of a quart of milk, a pound of flour, five eggs, a pint of cream, butter, and brandy.

The recipes which follow are specially planned with regard to simplification and economy, to avoidance of over-concentration, and to assistance in the prevention of disease. The real business of medicine is to prevent illness rather than to cure it. The best form of cookery is that which combines simplification in work with economy, which is appetizing, and which leads to the permanent establishment of good health.

It is not, however, only over-rich cookery which should be condemned. Unskilled and careless preparation of food has equally bad effects. Over- or under-salted dishes, food cooked

in dirty pans, which retain their smell of burnt fats, etc., or food always cooked in water, and served haphazardly, will, owing to the lack of any attractive quality, fail to excite the necessary digestive juices through the eye, the taste, and the sense of smell.

Simplified and rational cookery is not only a vital necessity in itself, but it often forms an essential and highly efficacious part of medical treatment. A knowledge of how to lessen the evil effects of foreign proteins in such foods as eggs, milk, cheese, etc., by using them in small quantities mixed with starchy and floury products (flours, rice, semolinas, Italian pastes), or in light pastries (*galettes, brioches, biscuits*, etc.), will enable us to provide indispensable nourishment in a digestible form for those who could not digest them in a natural state; also to cure troubles of the gastric system (enteritis, inflammation of the liver) and to combat certain serious general conditions (deficiency diseases, wasting, etc.).

Various Ways of Cooking. Food may be cooked in water or in some kind of fat. Cooked in water, it is more digestible than when fried, for frying, unless it is very well done, provides food that has been impregnated with fat enclosed in a browned but greasy envelope. The starchy foods, green vegetables, cereals (flaked cereals, semolina, etc.), and soups are more easily tolerated by dyspeptics, since they are able to eat them without the addition of any fat. They may be made more palatable by the addition of sugar, nutmeg, and herbs (tarragon, thyme, bay-leaf, parsley, and chervil). A little butter or oil may be added to them, but only after they have been served—that is to say, at table.

Food may be cooked in plenty of water, or it may be cooked in its own juices. It may be cooked in a pan over the direct heat of the fire, or on a grill at a distance from it; or it may be cooked in the oven. Again, the pan containing the food may be further removed from the direct action of the fire by standing it inside another vessel, in which water is kept simmering (*bain-marie*). Food may be cooked exposed to the air, or it may be gently stewed in a closely covered strong aluminium, copper, or iron

pan. When food is cooked in a large quantity of water it will lose some of its mineral salts, which will be dissolved in the water. Food cooked in a closely covered casserole will retain all its saline constituents.

Food cooked in fat is always heavy and difficult to digest. At the same time, frying is not altogether to be avoided. It develops the flavour of food, and in consequence it stimulates the appetite and the secretions of the digestive organs. For this reason we often recommend sautéed, browned, and fried dishes in the recipes which follow.

Whatever method of cooking is chosen, the least violent will always be the least harmful, both to the natural flavour and constituents of the food and to the stomach which has to digest it. Foods cooked in boiling fat, over-browned condiments (black butter), carbonized vegetables, foods sterilized at above boiling-point, prepared over fierce heat, or violently grilled, lose their vitality and become tough. The gentlest and slowest methods of cooking are always the best. The old process, once so much esteemed, of bringing vegetables and soups slowly to the boil and then setting them over very gentle heat to simmer for some hours cannot be improved on. There is a great deal of difference, for instance, in the digestibility of dried vegetables which have been cooked at a gallop and those which have been allowed to simmer for six hours over a very small flame.

There is another dangerous and inefficient form of cookery in which the materials used are over-concentrated. Gravies and sauces reduced by long boiling, extracts of meat, strong vegetable and cereal stocks, vegetables steamed for a long time in covered pans (a way of cooking which in vegetarian circles has long been wrongfully considered to be the best way of getting the maximum value out of nutritive materials), are among the sure causes of irritation and overwork of the digestive organs, and of the accumulation of waste products in the tissues and joints (rheumatism, gout, sick headaches, neuralgia, stones in the gall-bladder and kidney). There are innumerable victims of this theory of dietetic hygiene. It is not realized that the more concentrated the food, the greater its energy contents and its

stimulating and therefore irritant effect, the greater the work exacted from the digestive organs which have to deal with it. It is all very well to be delighted with the richness of the food served; but it is much more important to be concerned with its effect upon the body—with the strength and capacity to resist of the body which has to contend with nutriment, to break it down, and to dissolve it. As a result of this inability to look at both sides of the digestive problem (the strength of the food taken and the relative power of the organs to digest it), people suffering from weak digestions are given concentrated and heavy food, which, by overworking the digestive organs, weakens them, although precisely the opposite effect was designed.

On the other hand, it should be realized that the reduction and softening of certain foods (green vegetables) during the process of cooking makes it possible for them to be eaten in greater quantity than if they were served uncooked. (Two tablespoons of cooked and chopped green salad represent a considerable amount of uncooked salad.) Further, the loss of a certain quantity of mineral salts which are dissolved and held in the water in which vegetables are cooked is not only a negligible loss, but desirable. Vegetables steamed in a closed pan, or in very little water, are bitter, and very irritant. During very wet seasons or periods of comparative sunlessness, the food values of vegetables are lessened, and the danger of irritation, etc., caused by mineral salts is therefore greatly decreased. On the other hand, vegetables that have been grown and have come to maturity in hot, sunny weather are rich, and if they are cooked without water, or in a very small quantity of water, will invariably be the cause of such serious troubles as we have already indicated. During very hot seasons it is essential that all vegetables intended for general use, even potatoes, should be cooked in large pans full of water. Further, if they are to be eaten by persons suffering from dyspepsia, eczema, liver complaints, congestion, enteritis, gout, or rheumatism this water must be changed once, or, even better, twice, during cooking. This will bring about a therapeutic dilution of their food constituents. To 'blanch' or change the water at the beginning of the process

is not sufficient; the change must be made when the vegetables are half cooked.

Of the culinary processes carried out with oil or butter the most attractive and the most digestible is the one in which food is cooked with an onion that has been browned in one or other of these fats. Or foods may be braised (*ragoûts* of mushrooms, etc., braised lettuces and endives) by first simmering them in butter or oil in a closed pan, then adding a little water, and cooking them very gently till they are tender. Food may also be lightly browned in the oven, but if fried in deep fat it is very indigestible. It will, however, be less heavy if fried in white oil than in butter, fat, or margarine.

How to buy Food. Buying food is not merely a question of getting together the various foodstuffs which will furnish the essential elements for the composition of well-balanced menus. It is necessary to know how to select your foods, bearing in mind their respective nutritive values, their degree of freshness, their physiological purity, their relative cost, and, finally, the seasonal conditions. There are certain apparently excessive expenses which, for the sake of health, must be permitted—such as the purchase of fruits and salads—and other expenses which should be avoided as much for the sake of health as of economy.

When buying nitrogenous foodstuffs it is both expensive and unhealthy to give preference to meat, pork products, and fish rather than to eggs, cheese, and milk. It is not only healthier, but cheaper, gradually to become a vegetarian.

Oil and butter should be bought in preference to bacon-fat, lard, and nuttaline. But both stomach and liver will profit if even these are used in moderation.

It is costly and unhealthy to buy tinned or preserved goods (with the exception of sweet condensed milk), or the high-priced forced vegetables and fruits (*primeurs*), such as new potatoes in February, French beans in winter (put on the market before the time when they are sown in the open), or imported fruits sold a month or two before those locally grown would be ripe. It is equally unprofitable to buy white vegetables (Japanese and Jerusalem artichokes, salsify, blanched endives, cauliflowers,

turnips, turnip-radishes, celeriac, white-fleshed potatoes), for these have little food value. Other vegetables and fruits which should be avoided are sorrel, tomatoes, rhubarb, egg-plants, for they will increase any tendency to arthritis, green and acid fruits (lemons, red currants, etc.), and decorticated dried vegetables (since the husking does not in any way improve them). It is best to buy all starchy and green vegetables at their normal seasons of the year (see lists, pp. 253-258).

It is not necessary to eat food containing vitamins in any large quantities. A few leaves of uncooked salad eaten daily, together with a small amount of uncooked vegetables, will suffice. These latter can be taken mixed with cooked vegetables (green peas, cabbage, carrots, green beans, potatoes, asparagus, globe artichokes, etc.). The wheat recommended as an *hors d'œuvre* can be bought at a seedsman's, and is very cheap. A certain amount of self-control should be exercised with regard to the eating of fruit. It is much wiser to eat a little only, and that of the best and soundest that can be found, than to eat large quantities of inferior, bruised, or unripe fruit.

It is very necessary to learn how to recognize food of poor quality. Avoid buying blemished or stale eggs, the contents of which move when you shake them. Be wary when buying fruit and vegetables from barrows and stalls. The best of both is kept at the front to tempt the customer. The layers behind, from which you will be served, are made up of inferior material.

It is wisest, whenever possible, to buy direct from the grower or producer instead of through a middleman, for you will then be certain of getting fresh, unadulterated, and cheaper food. Buy your honey from a bee-keeper, your oil from the maker, and your vegetables from a market-gardener, rather than from shops. Better still, try to supply your own needs. A quarter of an acre, well cultivated, will give you all the vegetables you could require (with the exception of a certain proportion of potatoes). This space will also provide room for keeping two or three hives and poultry.

The Avoidance of Waste. You must know enough about

food to compare not only price, but quality. Price is not necessarily an indication of quality. Careful inspection of a number of shops may quite well result in the discovery that the cheapest is the best.

With certain foodstuffs it will be found economical to buy in large quantities, since a slight reduction in price will be made on large orders.

Advantage should be taken of the reductions made at certain seasons of the year for such household necessities as coal, which is always cheapest when delivered during the summer months. Potatoes, carrots, and dried fruit should be bought at the beginning of winter.

The strictest attention should be paid to economy in the kitchen when preparing vegetables. You may save 15 per cent. on your potatoes if you peel them very thinly. Careless preparation of vegetables often means losing 30 per cent. of their weight. Young vegetables should be scraped rather than peeled (potatoes and carrots). If small potatoes are cooked in their skins you should save 10 per cent. of their original value. Much wholesome use can be made of what is ordinarily discarded in the preparation of green vegetables. The outer green leaves of a lettuce or endive, etc., contain more mineral salts than the inner blanched heart. Those that are too coarse to be eaten as a salad can be cooked. The green part of a cardoon is excellent cooked like spinach. Salsify-leaves can be eaten as a salad, or they may be cooked like spinach. The leaves of a cauliflower, drained and chopped, are both excellent and nutritious. Left-over vegetables can be used in salads and soups. Pieces of stale bread will make excellent puddings. The water in which vegetables have been boiled can be utilized for making soup, but it must be diluted, as explained on pp. 147-148.

With regard to fuel, considerable economy can be effected by careful management of the oven dampers, by banking up a fire with ashes, and by cooking over the lowest possible flame of gas, instead of over a high, extravagant blaze. This last economy is very important, for it will not only save money, but will prevent the escape of much poisonous unburned gas into the kitchen.

Organization and Cleanliness. Whenever possible a kitchen should contain both a gas and a coal oven.

Earthenware saucepans are the best for general use and for preserving flavour, but unfortunately they break easily. Next in order of merit come the porcelain-lined pans and those made of nickel or aluminium.

Large saucepans of tin-lined iron or of aluminium are useful for those green vegetables which are to be cooked in plenty of water. You will need a copper pan for jam-making, a mincing-machine, a vegetable presser, a set of strainers, an ordinary whisk for beating up various mixtures, and another one, fitted with a wheel, for beating eggs, tart-tins, moulds, a pastry-board and a rolling-pin, a set of sieves, with different-sized meshes, a hand-mill for wheat, etc. (see footnote, p. 151), a wooden pestle and mortar, and a weighing-machine. This latter is most important, for careless, haphazard measurement is frequently the cause of failure in cookery.

The position of the kitchen is important. It should, if possible, face north-east, so that it may keep cool. Strong heat is liable to cause foodstuffs to ferment. The room should be light and well ventilated. The strictest cleanliness must be observed in a place where so many fermentable materials are mixed together and prepared for cooking.

An enamelled metal shelf placed between the sink and the stove will be found useful for cleaning and preparing vegetables—it is much cleaner than the wooden surface of a table.

The dust-bin should always be kept covered, or it will attract flies. It should be emptied and swilled out daily, so that no rubbish is left in it to ferment during the night and give off an unpleasant smell.

The various cloths required for work should be kept separately inside a cupboard. Each should be used only for the purpose for which it is designed (stove, floor, and glass cloths, towels, etc.). All dishes and pans and other food receptacles should be exquisitely clean (saucepans should be as well kept outside as inside). Any dish or bowl which has contained eggs, and whisks used in beating them up, should be washed

first in cold water, then in hot, or they will retain their unpleasant smell, so much like that of a wet dog. Hands should be scrupulously washed after they have been employed in any dirty work, or after having touched anything with an unpleasant smell (petrol, lamp-oil, polishes, fish, onions). There should be in a kitchen no recesses or shelves which cannot easily be dusted or washed over every day.

Lastly, neither clothes nor boots should be cleaned in a kitchen. To do so is to risk letting loose infected dust (infected by the excrements of animals, by expectoration, or by mud picked up in the streets), which might settle on either food or saucepans. All such cleaning should be done out of doors in the garden or yard, or on the outside back-stairs of flats.

Chapter VIII

VEGETARIAN RECIPES

1. Sauces—2. Eggs: (a) Egg dishes; (b) Eggs cooked with flour, starchy vegetables, cereals, or milk—3. Milk, butter, and cheese—4. Soups—5. Mushrooms—6. Cereals, Italian pastes, rice, and bread—7. Leguminous vegetables—8. Chestnuts—9. Potatoes—10. Vegetable Fruits—11. Green vegetables and roots—12. Fruits—13. *Hors d'œuvre*—14. Salads—15. Condiments—16. Jams and honey—17. How to warm up left-over food—18. Drinks.

THERE are very few people who experience any difficulty in baking, grilling, frying, and stewing meat. Few also make any objections to a meat diet and its preparation. On the other hand, almost every one is nonplussed at the idea of composing a menu that contains neither fish nor meat, and at the difficulty of extracting from the innumerable recipes offered by cookery-books sufficient wholesome and varied dishes to make up a vegetarian diet.

In order to meet objections and to supplement the lack of experience we have combined and brought together the following series of recipes. We have made no effort to multiply the changes, or to pander to greediness, knowing only too well how taste may be led astray and the balance of the body-fluids upset by too-varied dishes and the practice of over-concentrated cookery. Our wish is to be helpful only to those who are willing and anxious to give up unwholesome habits in diet, and who need definite and practical guidance.

Purists must not be shocked because, in certain of the recipes which follow, various stimulating and industrial products have been included (vinegar, cloves, and commercial sugar). There are a number of dishes in which it is difficult not to use them. At the same time, we have avoided recommending sugar in any

quantity when making puddings, etc., and no recipes are given for candied fruits, icings, syrups, or confectionery in general, for we consider such things to be really pernicious. On the other hand, the use of sugar in small quantities, employed rather as a condiment than as a foodstuff, is all the more permissible because, as should be borne in mind, there is a great difference in aggressive force between a concentrated product eaten by itself and the same thing presented in mixture with other harmonious, lenitive, and less concentrated products. For this reason eggs and milk cooked in puddings and other dishes which include flour are far more easily digested than if eaten alone. The use of sugar added in moderate quantity to farinaceous foods and puddings is legitimate by reason of this ameliorating association.

We recommend that constant use should be made of scales, so that the exact weights given should be faithfully measured.

1. SAUCES

As a general rule dyspeptic, enteric, and arthritic persons can only digest food that is cooked in the simplest way (in plain water), and served without sauces or the addition of fats (butter or oil). Simplification in diet will quickly result in an improvement in their condition.

In order of digestibility cooked food can be classified as follows: (1) food cooked in the water in which slightly browned onions have been boiled; (2) food sautéed in a little white oil or butter; (3) food to which a little fresh butter is added *at the table*.

Persons suffering from weak digestions should avoid sauces containing vinegar, garlic, mustard, capers, burnt wine, too much milk, browned flour, or tomatoes. Even robust people should not indulge too often in the sauces which follow, although they are given in a modified form.

These recipes are arranged under two headings: (1) the *mild*, which are easily digested, and (2) the *richer*, which are liable to overwork the digestive system. We have purposely avoided recommending the use of potato-flour in the making of sauces, since its action is denutritive.

MILD SAUCES

White Sauce. Melt rather less than an ounce of butter which has been sprinkled with a little salt, add a tablespoonful and a half of flour to it, and, after mixing thoroughly, pour in, almost drop by drop, two glasses of plain hot water, or of water in which a few vegetables have been boiled. Stir until the sauce is absolutely smooth. Let it simmer for several minutes. If vegetable water is used it must be considerably diluted.

Béchamel Sauce. Follow the recipe for white sauce, using one glass of milk and one of water instead of all water. Just before serving take the pan off the fire and stir in the yolk of an egg which has been mixed with a tablespoon of lukewarm sauce. Béchamel sauce is less digestible than the white variety.

Sauce Mousseline. This is a Béchamel sauce to which, at the last moment, the well-whipped white of an egg is added.

To thicken Sauces with the Yolks of Eggs. Use one or two yolks, according to the quantity of sauce made. Break the eggs, carefully separating the whites from the yolks and removing the little germ to be found in the latter. Mix the yolks with a spoonful or two of water, or of sauce which has been cooled in readiness. Add four or five tablespoons of hot sauce. When thoroughly mixed add the rest of the sauce. Reheat very slowly, stirring all the time.

White Sauce flavoured with Tarragon. Take a dessert-spoonful of finely chopped tarragon. Cook it for a few minutes in the water which is to be used for making a white sauce.

White Sauce flavoured with Chives. Put a pinch of finely chopped chives into a white sauce just before you are ready to serve it.

Maître d'Hôtel Sauce. Beat up a small piece of butter with a pinch of finely chopped parsley, salt, a little pepper, and a few drops of wine-vinegar. Soften it in a *bain-marie* without letting it melt altogether. Add to vegetables before serving them.

Cream Sauce. Proceed as for white sauce, but let it cook longer, so that it is somewhat reduced in quantity. Just before

serving add half a coffee-cup of fresh cream. Do not let the sauce boil again.

Melted Butter Sauce. Put some butter, a pinch of salt, and a few drops of wine-vinegar in a pan, and let it melt. Pour into a heated sauce-boat, and serve with artichokes or asparagus.

Bread Sauce. Boil five ounces of fine breadcrumbs in a little water and a tablespoonful of milk for several minutes, adding pepper, a very little nutmeg, and salt. This sauce should be smooth, and not too thick. Add butter the size of a walnut just before serving.

Mayonnaise. Put the yolk of an egg, a little salt, and one drop of vinegar in a bowl. Add to it, *drop by drop*, three ounces of olive oil, stirring continually in the same direction. This sauce should be made in a cool place.

Mayonnaise without Eggs. Take butter the size of a walnut and put it into a saucepan, with a tablespoon of flour and a pinch of salt. When the butter has melted add, stirring all the time, half a glass of water and half a glass of milk. Stir continually until the sauce thickens. As soon as it is cool, pour into it, drop by drop, two or three tablespoons of olive oil. Add salt if required. This sauce is easy to make, and is more digestible than mayonnaise made with the yolks of eggs.

Browned Onion Sauce. Chop finely one or two onions, and let them cook in a tablespoonful of oil until they are a deep brown. Then add a glass of water and a little salt, and put through a sieve.

If this sauce is diluted with more water it will make an onion soup. Sliced potatoes can be cooked in it.

Stock for Sauces made of Vegetables. Put three ounces of prepared sliced carrots, one of onion, two of leek, and a little chopped celery into a pan. Add three pints of hot water, a little salt, half a clove, a bouquet of parsley, thyme, a bay-leaf, a little tarragon, and a piece of garlic the size of a pea. Boil until the water is reduced to a quart. Put through a sieve. A darker vegetable stock can be made by browning the vegetables (sprinkled with a small teaspoonful of powdered sugar) in a little oil.

Fruit Sauce. Take jam made with sugar or honey (cherry, peach, plum, or apricot), heat it, and dilute it with its own weight of hot water.

RICHER SAUCES

Caper or Nasturtium Seed Sauce. Just before serving a white sauce add a tablespoon of capers, or, better still, the same quantity of nasturtium seeds which have been macerated in vinegar. These tender green seeds, cut into small pieces, can also be used in other dishes instead of capers.

White Sauce with Carrots or Mushrooms. Brown several new carrots and a few mushrooms in a little oil. Add a little water to them, and simmer gently. Put them through a sieve, and add them and the water in which they were cooked to a white sauce. Simmer for five minutes over gentle heat, in order to reduce and thicken the sauce.

Sauce Poulette. Make a white sauce with the water in which mushrooms that have previously been sautéd in oil have simmered. Chopped sautéd mushrooms can be added to it.

Black Butter. Melt some clarified butter in a pan, and cook it, together with a little chopped parsley, till it is dark brown. Heat a tablespoonful of vinegar with a little salt. Add this to the butter. Pour over hard-boiled eggs, plain-boiled potatoes, or haricot beans.

Tartare Sauce. Add to a mayonnaise a small teaspoonful of mustard and a pinch of each of the following herbs, finely chopped: chervil, parsley, chives, tarragon, and shallot.

Hollandaise Sauce. We do not give the recipe for this sauce, for we consider it too heavy to be easily digested.

Brown Sauce. Take butter the size of a walnut. Put it in a pan. Add a small teaspoonful of flour, and stir together until absolutely smooth. Cook until the mixture browns. Add a glass of water—or, better, vegetable stock—salt, a bouquet of parsley, thyme, half a bay-leaf, and tarragon. Simmer for fifteen minutes. Put the sauce through a sieve.

Tomato Sauce. Put an ounce of butter in a pan. Add to it two ounces of chopped carrot, three of potato, and one of onion.

Sprinkle with an ounce of flour and cook, stirring all the time, until the vegetables are lightly browned. Add a pound of tomatoes which have been peeled and cut in quarters, a bouquet of parsley, tarragon, and thyme, a little salt, a tiny pinch of bicarbonate of soda, three pieces of sugar, and a glass of water. Cover, and cook for an hour. Take out the bouquet, and put the sauce through a sieve. The vegetables, flour, butter, bicarbonate of soda, and sugar will absorb a part of the acidity in the tomatoes and make them less of an irritant in cases of arthritis. But it must be remembered that even treated in this way the tomato remains an unwholesome fruit. This sauce, therefore, should be rarely served. Never use tinned tomatoes.

Béarnaise Sauce. Cook a small teaspoonful of chopped shallot, one of chervil, and one of tarragon with a glass of water and two tablespoons of wine-vinegar until the liquid has been reduced by half. Let it cool, and then add the yolk of an egg, a teaspoonful of flour which has been mixed smooth with a little water, salt, and butter the size of an egg (this should have been melted). Work together over very gentle heat. This sauce is fairly thin when it is hot. Cold it has the consistency of a good mayonnaise. It can be served with eggs, globe artichokes, mushrooms, cardoons, and cauliflowers.

Matelote or Bordelaise Sauce. Put a glass and a half of red wine in a small saucepan. Cover it closely. When it begins to boil strike a match, take off the lid of the pan, and set fire to the vapour which arises from it. With a silver spoon ladle up the wine, and, very gradually, let it fall back again into the pan. Relight the vapour arising, and continue the process until practically all the alcohol contained in the wine has been exhausted. Add half a shallot, some small peeled onions, half a clove of garlic, a pinch of salt, a tablespoon of flour that has been mixed smooth with a glass of water, and a bouquet. Simmer gently until the sauce is thick enough to coat the spoon. Remove the bouquet, and add half an ounce of butter before serving with little cooked onions.

Vinaigrette Sauce. Mix oil and vinegar in the proportion of

two small teaspoons of vinegar to a tablespoon of oil, adding salt and pepper or a little grated nutmeg.

Mustard Sauce. Make a white sauce or a cooked mayonnaise, and add to it a small teaspoon of dry mustard just before serving.

2. EGGS AND DISHES CONTAINING EGGS

(a) EGG DISHES

A Quick Way to boil Eggs. Lower the eggs very gently into boiling water. Let them cook for three minutes, take them out, and serve them at once.

A Slower Way. For three eggs bring a quart of water to the boil. Put in the eggs, take the pan off the fire, and leave them in it for ten minutes. There is no better way of cooking eggs than this. The slow process eliminates the slightly hydro-sulphuric smell given off during the rapid decomposition of sulphurated products. The whites of eggs treated in this way will be more unctuous and less viscous than if boiled quickly. The eggs will cook uniformly throughout, and therefore be more digestible.

Eggs sur le plat. To be sure that your eggs are absolutely fresh break each one separately on a plate. Heat a little butter (or the more digestible white oil) in a fireproof dish, and slide the eggs carefully into it. Add salt, being careful to distribute it evenly. Cook for five minutes in the oven, occasionally lifting the edges of the whites with a fork.

Eggs with Brown Butter. Cook the eggs, as directed for eggs *sur le plat*, in butter which has been slightly browned, and to which you have added a touch of hot wine-vinegar.

Eggs à la Périgueux. Put a tablespoon of cooked asparagus-tips, some cream, and a little chopped truffle into a shallow fireproof dish. Slide in the eggs. Sprinkle a few more asparagus-tips between them, and lay on each a thin slice of truffle. Cook in the oven for about five minutes.

Eggs sur le plat à la Savoyarde. Line the bottom of a fireproof dish with thin slices of sautéed potatoes. Sprinkle them

with grated Gruyère. Slide in the eggs. Add a tablespoon of fresh cream, and cook in the oven.

SCRAMBLED EGGS

Scrambled Eggs for Dyspeptics. Put two tablespoons of water in a small pan, and bring to the boil. Beat up two eggs lightly and salt them. Add them to the water. Stir with a wooden spoon over gentle heat. As soon as the eggs begin to set take them off the fire and stir them until they are sufficiently firm. Add a touch of butter just before serving. (It is best to make this dish in a *bain-marie*, as this way of cooking will ensure a gentle, steady heat.)

Scrambled Eggs cooked with Butter or White Oil. Proceed as directed above, using hot white oil or butter instead of water.

Scrambled Eggs cooked with Chives. Add a teaspoonful of finely chopped chives to the scrambled eggs.

Scrambled Eggs cooked with Fresh Green Herbs. Add a pinch of various finely chopped herbs—tarragon, chervil, chives, and parsley—to the eggs.

Scrambled Eggs with Mushrooms or Asparagus-tips. Add to the eggs two or three spoons of chopped mushrooms or of asparagus-tips which have been cooked in white oil or butter.

Scrambled Eggs à la Clamart. These eggs are prepared with a tablespoonful of tender young green peas which have been cooked *à la française* with a little finely sliced lettuce.

Grandmother's Scrambled Eggs. Add to three scrambled eggs half an ounce of tiny dice of bread which have been fried in oil or butter. This should be done at the last moment before serving. Sprinkle with finely chopped parsley.

HARD-BOILED EGGS

Hard-boiled Eggs. Boil the eggs for ten minutes. Or—a better method—boil them for four minutes and leave them in the hot water, but away from the fire, for another eight minutes. Put them into cold water for a little while, and then shell them.

These eggs can be served with lettuce salad; with one of several sauces—white, Béchamel, *maitre d'hôtel*, *poulette*, mayonnaise, *matelote*, etc.; or *au gratin*, cut in half lengthwise, covered with white sauce, and sprinkled with Gruyère; or sliced and placed on a *purée* of either cooked spinach, lettuce, or endive.

Hard-boiled Eggs à la Béchamel. Cut the hard-boiled eggs lengthwise. Arrange them on a dish, and cover them with Béchamel sauce.

Hard-boiled Eggs à la Poulette. Cut the eggs across in slices. Melt some butter in a pan. When it is very hot put in the slices, and sprinkle them with a little pepper, chopped parsley, chives, and tarragon. Turn them over gently, and moisten with a very little water. Let them cook very slowly for a few minutes, and serve quickly.

Hard-boiled Eggs as Cutlets. Cut the whites and yolks in small dice-shaped pieces. Bind them with very thick Béchamel sauce. Let them get absolutely cold. Divide into portions of about two ounces in weight, and shape each like a cutlet. Egg and breadcrumb them, using very fine crumbs. Fry them. Into the end of each stick a small piece of uncooked macaroni, to suggest the bone.

Hard-boiled Eggs au Gratin. On the bottom of a fireproof dish put a layer of *purée* of potato made with a little cream. Then place the eggs on it, cut in half lengthwise, with the rounded sides down. Cover with Béchamel sauce, and sprinkle with fine breadcrumbs, grated Gruyère, and melted butter. Brown quickly in the oven or under the grill.

Eggs à la Tripe. Chop up a small onion finely, and cook it slowly in a little butter for from four to five minutes. Add to it some Béchamel sauce. Slice several hard-boiled eggs crosswise, and stir them gently in the sauce. Serve in an *entrée*-dish.

Vol-au-vent of Eggs. Allow one sliced hard-boiled egg, an ounce of sautéed chopped mushrooms, and a teaspoonful of stoned and chopped olives to each person. Mix with a Béchamel sauce, and serve in small vol-au-vent cases.

POACHED EGGS

Poached Eggs. Fill a large pan to within an inch of the top with water, and add salt—a third of an ounce to the quart. Let it come to a gentle boil. Break an egg on a plate, and slide it very gently into the water where it is bubbling hardest; draw the white together with a spoon, for it has a tendency to spread. Cook for three minutes, and then take out the egg with a skimmer. Serve with a plate of vegetable soup, or with a sauce, or on a *purée* of vegetables. If the eggs must be kept before serving, set them in slightly salted hot water.

Eggs à la d'Orsay. These are poached eggs served on rounds of bread that have been fried in butter or white oil and masked with *poulette* sauce.

FRIED EGGS

Fried Eggs. Put frying oil into a pan. When it begins to smoke a little slide a slightly salted egg into it. Take a wooden spoon and draw the white part over the yolk. Remove the egg with a skimmer when cooked; drain thoroughly on a cloth.

Eggs au Gratin. Arrange a number of eggs on slices of bread that have been fried in oil or butter. Cover them with a Béchamel or *poulette* sauce. Sprinkle with grated Gruyère, fine breadcrumbs, and melted butter. Brown quickly in the oven.

EGGS EN COCOTTE

Eggs en Cocotte for Dyspeptics. Put half a teaspoonful of water in a small porcelain *cocotte*. Then slide in the egg. Cook in a *bain-marie* for ten minutes, or in the oven for five. Salt the egg before serving.

Eggs en Cocotte. As a rule, when preparing eggs in this way a little hot butter or white oil, the butter in which mushrooms have been sautéed, or that in which onions have been browned, or cream is heated in a *cocotte*. Slip the egg in gently, and cook it slowly in the oven.

OMELETTES

Omelettes. Break the eggs, one at a time, on a plate (in order to be certain that they are all fresh); salt them, and add water in the proportion of a teaspoonful to every six eggs. Beat together in a bowl, using a fork. Heat a little butter or white oil in a frying-pan specially kept for the purpose. Pour in the eggs. Let them set over a gentle heat, stirring them lightly with a fork, so that they do not stick to the pan. When they are cooked fold the omelette over. To take an omelette out without breaking it put a plate over the pan and turn it right over on to the plate.

Omelette with Chives, Green Herbs, or Tarragon. Add either finely chopped chives, or a mixture of parsley, chervil, chives, and tarragon, to the eggs before beating them.

Omelette à la Chartres. This is an omelette made with finely chopped tarragon.

Omelette with Mushrooms. Chop up about three ounces of mushrooms. Cook them in butter or white oil. Add them to the beaten eggs.

Omelette with Asparagus-tips. For four persons break four eggs into a bowl, salt them, and add a teaspoonful of water. Beat them with a fork. Have ready eight fine heads of cold cooked asparagus. Cut up the tender parts into small pieces. Put a little butter in the pan and heat it well. Mix the asparagus with the beaten eggs and pour them into the pan. Proceed as directed above.

Omelette with Potatoes. Brown a number of thin slices of cooked potato in butter. When they are nicely coloured add the beaten eggs, and mix well together.

Cheese Omelette. Add a heaped teaspoon of grated cheese for each egg while beating them.

Lyonnaise Omelette. Chop a medium-sized onion finely and brown it in butter or white oil. Add the eggs. Mix well together, and proceed as directed above. For dyspeptics take the onion out of the pan with a skimmer and cook the omelette in the onion-flavoured butter.

Omelette with Breadcrumbs. For an omelette of four eggs prepare a coffee-cup of fine breadcrumbs. Soak them in milk and water (half and half). Drain them. Beat up the whites till they are firm and stiff. Mix the breadcrumbs with the yolks, adding salt. Add the whites, cutting them in as lightly as possible. Pour the mixture into a pan, cover it, and cook over a gentle heat. Fold before serving.

Omelette with Fried Bread. Brown a number of small, thin slices of stale bread on both sides in butter or oil. Add the beaten eggs. Mix together, and cook as directed.

Omelette with Carrots. Use left-over braised carrots, having cut them across in thin slices, or browned slices of carrots which have been cooked in water and drained in butter. Mix them with the beaten eggs.

Omelette with Macaroni. Use left-over cooked macaroni, or *nouilles* that have been cut up into small pieces. The macaroni may be turned over in butter, or a little cheese added to it. Mix with the beaten eggs.

Omelette à la Bruxelloise. Add two ounces of finely chopped braised endive which has been mixed with a little cream to three beaten eggs. Serve this omelette with a cream sauce.

Omelette Choisy. Add two tablespoons of chopped braised lettuce mixed with a little cream sauce to three beaten eggs. Pour some of the same sauce round the omelette before serving it.

Omelette Clamart. To three beaten eggs add two tablespoons of fresh green peas which have been cooked *à la française* (with a little finely sliced lettuce and butter).

Omelette Crécy. To three beaten eggs add two tablespoons of carrots which have been cooked in butter and put through a sieve. Pour a little cream sauce round the omelette.

Omelette à la Florentine. To three beaten eggs add a tablespoon of chopped cooked spinach which has been turned over in a little hot butter. Serve the omelette with Béchamel sauce poured over it.

Omelette with Artichoke-bottoms. Add to three eggs two ounces of chopped boiled artichoke-bottoms that have been sautéed in butter.

Omelette with Nasturtium Flowers. Add three washed and chopped nasturtium flowers to each egg.

Omelette with Vegetable Marrow Flowers. To every three eggs add a pinch of finely chopped parsley and half an ounce of chopped vegetable marrow flowers which have been turned over in hot butter. Serve the omelette with a tomato or cream sauce poured round it.

Omelette Grand'mère. Add an ounce of very small *croustons* of fried bread to every three eggs.

Omelette Mousseline. Add a tablespoonful of cream and a pinch of salt to every three yolks. Beat the whites till they are firm and stiff. Mix lightly with the yolks and cook quickly. Serve at once.

Swiss Omelette. Add a little grated Gruyère cheese and a tablespoonful of cream to the eggs. Cook it like a pancake.

Savoy Omelette. This is an omelette made with eggs, sliced cooked potatoes, and grated Gruyère. Do not fold it over.

Sweet Soufflé Omelette. Beat together the yolks of four eggs with rather over an ounce of vanilla-flavoured sugar. Beat the whites to a stiff froth with a little sugar. Whip both lightly together. Butter a *soufflé*-dish and sprinkle it with sugar. Pour the mixture into it. Take a knife, and make several deep cuts in it, about two-thirds the depth of the dish. Bake for twelve minutes in a moderate oven, turning the *soufflé* round once.

Jam Omelettes (apricot, plum, peach, and pear). Season the eggs with a pinch of salt, and add a little sugar. Cook the omelette in the usual way. Before folding it spread it with jam (two tablespoons to six eggs). Sprinkle the top with sugar, and brand it in several places with a red-hot iron bar.

(b) EGGS COOKED WITH FLOUR, STARCHY VEGETABLES, CEREALS, OR MILK

A number of sweets, cakes, and farinaceous dishes can be prepared with eggs. To do so will greatly add to their variety in a nourishing form. The recipes which follow are useful for patients suffering from dyspepsia, liver complaints, and from

enteritis. The mixtures advised will enable them to digest a more or less considerable quantity of eggs, which in their natural form might act as a poison, even if taken in small quantities.

We have given the principal recipes for dishes made of eggs cooked with other ingredients in this section, but others will follow which are equally useful in the nitrogenized *régime* of vegetarians.

Farinaceous Omelette. Put two tablespoons of flour into a bowl, together with a good pinch of salt and two tablespoons of sugar. Break two eggs, and separate the whites from the yolks. Add the latter to the flour, and dilute the mixture with two tablespoons of water or cold milk. Beat the whites to a stiff froth. Mix them quickly and lightly with the flour and yolks. Heat two tablespoons of white oil in a pan. Pour the mixture into it and let it cook gently, shaking the omelette from time to time to prevent it from sticking to the pan. When the under side is done turn it as you would a pancake, and continue cooking until it is ready to serve.

Rolled Omelette. For one egg allow half a coffee-cup of powdered sugar and the same quantity of flour. Beat the eggs for ten minutes with the sugar, add the flour, a little vanilla, and a pinch of salt. Butter a fireproof round dish. Spread the mixture in it, and bake it in the oven for five minutes. Sprinkle a cloth with a little flour and sugar. Turn the omelette out on to it. Spread it with jam, and roll it while it is hot.

VEGETABLE AND SWEET DISHES AND CAKES MADE WITH EGGS

Croquettes of Potato. Take a dozen fine potatoes, wash them, and cook them in water or in the oven. Peel them, and put them through a fine sieve. Salt them, and add the yolks of two eggs, one at a time, working them well together with a wooden spoon. Beat the whites of the eggs till they are stiff and dry, and add them quickly and lightly. Divide the mixture into pieces about the size of an egg, flatten them, and roll them in flour.

Fry these croquettes in very hot white oil until they are browned. Seven or eight minutes should suffice.

Potatoes Duchesse. Prepare the mixture as for croquettes. Then divide it into small rectangular blocks about an inch thick. Heat an ounce of butter (or two tablespoons of white oil) in a frying-pan. Place the little blocks in it, taking care that they do not touch. Let them colour on both sides.

Galettes made with Egg. Take a pound of sieved flour and put it in a large bowl. Make a hole in the centre of it. Beat up an egg with a tablespoonful of white oil and a pinch of salt. Put the mixture in the hole you have made. Very gradually add a glass of water. Knead the mixture and shape it into a ball. Leave it overnight wrapped up in a cloth. The next morning roll out the paste till it is about an inch thick, place it in a round flat tart-tin, and bake in a fairly hot oven for about half an hour. Oil may be replaced by melted butter, but the *galettes* will then be less digestible. They will keep for several days.

Egg Bread. Proceed as directed for *galettes*, but mix crushed compressed yeast the size of a pea with the egg.

Persons whose digestion is so delicate that they cannot assimilate more than a small portion of an egg (say, an eighth to a quarter) at a time can know exactly how much they are consuming by dividing these *galettes* into four or eight pieces.

Creams. The use of gelatine in making creams, sweets, and confectionery should be avoided. These creams should be made at home, with fresh, pure, natural products—eggs, milk, and flour. Ices should also be avoided, as should all bought creams and meat jellies—in fact, any dishes which contain gelatine, for as a rule it is made of the scrapings of animal-skins, the refuse of intestines and tendons. Gelatine may disseminate tetanus, for it is difficult to sterilize it, since it decomposes above 212° F. Cases of tetanus have been observed following upon subcutaneous injections of gelatine. It is also a favourable medium for the swift increase of microbes and germs. In hot weather its use in creams may lead to gastric poisoning.

Baked Vanilla Custards. Boil together a pint of milk, half a vanilla bean, three ounces of sugar, and a few grains of salt. Put

three whole eggs in a bowl, add a little of the boiling milk to them, and beat well with a fork. Add the remainder of the milk, and strain into small porcelain pots. Cook the custards in the oven, or stand them in a *bain-marie* half covered with water, which should be kept just at boiling-point. Cover them. These custards may also be flavoured with two teaspoons of orange-flower water, or with chocolate (a bar and a half), or with coffee or caramel sugar.

Baked Custard flavoured with Coffee. Infuse an ounce of ground coffee in boiling milk. Pour it through a fine sieve, and proceed as directed above, omitting all other flavouring.

Baked Chocolate Custard. Melt a bar and a half of chocolate in the milk, using rather less than two ounces of sugar. Vanilla may be added.

Baked Custard with Orange-flower Water. Add two teaspoonfuls of orange-flower water to the milk instead of vanilla or other flavouring.

Baked Caramel Custard. Melt seven pieces of sugar in a teaspoon of water in a strong pan. When the syrup browns add a little boiling milk. Strain this mixture into the rest of the milk. Proceed as directed for other baked custards.

Crème Renversée. This baked custard is made by pouring the vanilla-flavoured mixture (prepared as directed) into a mould which has been coated with caramel sugar. Cook in a *bain-marie*. Turn out the custard when it is cold.

Boiled Custards. For these custards the yolks only are used. They are cooked for a very short time.

Vanilla Custard. Put the yolks of three eggs, together with three ounces of powdered sugar, into a bowl. Mix them with a wooden spoon, and, very slowly, stirring all the time, add a pint of boiling vanilla-flavoured milk. Cook over a very gentle heat (or in a *bain-marie*). Stir continually, and when the custard begins to coat the spoon take the pan off the fire. Continue stirring for a few minutes. Pour into a dish, and serve cold.

Boiled Chocolate Custard. Proceed as directed above, adding a bar and a half of chocolate that has been dissolved in a little milk.

Snow Eggs, or Floating Island. Boil up a quart of water in a big pan. Break three eggs, and separate the whites from the yolks. Beat the whites until they are very firm, adding to them a tablespoonful of powdered sugar. Let the water simmer gently. With a spoon put the beaten whites into it, in portions about the size of an egg. Be careful that these do not touch one another. Let them cook very gently for three or four minutes, turning them once. Take them out with a skimmer, and put them on a sieve to drain. Arrange them on a bowl of vanilla or chocolate custard made with the yolks.

Meringues. Beat three whites of eggs with a pinch of salt until they are very firm. Gradually sprinkle three tablespoons of powdered sugar over them. Do not beat them any more, but turn the mixture over by pushing the spoon right down to the bottom of the bowl and drawing it up full. Shape in the form of a pyramid on a dish. Bake in a very gentle oven for ten minutes. Serve on a dish of vanilla or chocolate custard.

Pastry Custard. Put rather less than two ounces of sifted flour, three ounces of powdered sugar, and a pinch of salt in a saucepan. Add the yolks of three eggs, and work well together. Then add five gills of milk that has been boiled up with half a stick of vanilla. Cook over good heat, beating with a whisk all the time. Boil for five minutes, then take off the fire and add the three whites, which must be beaten very stiff. Pour into a bowl to cool. Owing to the fact that flour is used in this cream it will be found more digestible than an ordinary custard.

Chocolate Pastry Custard. This cream is prepared in the same way as that made with vanilla. Use rather less sugar, and melt three and a half ounces of chocolate in a pint and a half of milk. This quantity will be enough for ten persons.

Frangipane Cream. Put an egg in a pan, together with as much sifted flour as it will absorb. Add a teacup and a half of milk and the same quantity of water, three tablespoons of powdered sugar, and a tablespoon of orange-flower water. Cook for a quarter of an hour, stirring all the time with a wooden spoon.

Pour the mixture into a fireproof dish, and bake in a moderate

oven for half an hour. Alternatively this cream can be poured into a lightly buttered tin lined with pastry.

Pastry for an Open Tart. Make a hole in the middle of half a pound of sifted flour, and put a whole egg into it, together with rather over an ounce of butter, a pinch of salt, a teaspoonful of powdered sugar, and a pinch (about the size of a pea) of crushed yeast. Mix well together, then knead with sufficient water to obtain a fairly firm paste. Set aside for a while. Roll out the pastry, and line a shallow tin with it. Fill with fruit (cherries, strawberries, plums, etc.) or with frangipane cream.

BATTER, PANCAKES, AND FRITTERS, ETC.

Pancake Batter. Mix thoroughly in a bowl the yolks of two eggs, one pound of sifted flour, a teaspoonful of powdered sugar, a pinch of salt, a tablespoonful of orange-flower water, adding, slowly, four glasses of water. Beat the whites of the eggs to a stiff froth, and add them, working the mixture well together till it is perfectly smooth. Grease a frying-pan with a little white oil. If necessary use a large skimmer to turn the pancakes. This quantity should make fifteen pancakes.

Buckwheat Pancakes. These are made as directed above, but an ounce and a half of melted butter should be added to the mixture.

Fritter Batter. Put half a pound of sifted flour in a basin. Make a hole in the middle of it, and into this put a whole egg which has been thoroughly mixed with a tablespoonful of olive oil or butter the size of a walnut (melted), two tablespoonfuls of powdered sugar, and a dessertspoonful of orange-flower water. Mix with a spoon. Then slowly add water till you get a smooth, thick paste. Set aside for several hours. Dip rounds of apple or bunches of acacia-flowers into the paste, and fry them in boiling oil. Drain well, and sprinkle with sugar before serving.

Souffléd Fritter Batter. Take a big saucepan and into it pour a large glass of water, a teaspoonful of powdered sugar, a pinch of salt, and an ounce and a quarter of butter. Mix well and

bring to the boil. Then add, all at once, a quarter of a pound of sifted flour. Stir vigorously with a wooden spoon until the paste detaches itself from the pan. Take off the fire, and when it has cooled a little add an egg. Stir hard; add another egg. Stir again, and add a third. Then put in a teaspoonful of orange-flower water. While the batter is still hot, take out a heaped teaspoonful at a time. Detach the batter from the spoon with the fingers and put into hot, but not boiling, white oil. (There must be sufficient of it to allow the fritters to float freely, and to turn of their own accord.) They will be cooked when the oil no longer bubbles round them, and when they are lightly coloured.

Fritters à la Bourgeoise. Cut a number of slices of stale *brioche* about an inch thick. Dip each into pancake batter. Fry in very hot white oil. Drain, and sprinkle with powdered sugar.

Batter for Chocolate Éclairs, etc. This is the same batter which is used for souffléed fritters. Instead of frying it, put pieces about the size of a walnut on a greased and floured tin—shaping them into long, narrow pieces. Cover them with greased paper, and bake in a moderate oven for about fifteen minutes. This batter is more digestible baked than fried.

To make chocolate *éclairs*, cut the pieces in half lengthwise, using a very sharp knife. Fill the insides with a thick pastry custard flavoured with chocolate. (For cream ‘buns’ shape the paste into balls.)

Put the two pieces together again, and brush the tops with a little of the cream. Sprinkle the surface with powdered sugar.

These *éclairs* can be given additional flavour by sprinkling each before cooking with finely chopped almonds or hazel-nuts and powdered sugar.

Merveilles. The evening before these are wanted, put a pound of sifted flour in a bowl. Make a hole in it, and put in one or two eggs, two ounces of melted butter or a tablespoonful of olive oil, two tablespoons of powdered sugar, one of orange-flower water, and yeast the size of a pea. (The yeast should be bought in compressed form.) Mix well and knead together with half a glassful of water.

Set the mixture aside overnight. In the morning roll it out on

a board. Cut it into strips, and twist them into knots (or cut it into rounds with a small wine-glass). Fry in boiling oil. Drain well, and sprinkle with sugar.

This mixture can be kept for several days.

The fritters can be put on a greased tin and baked in the oven. They will then be more digestible than if fried.

Batter for Nouilles. Knead fourteen ounces of flour with an egg, a pinch of salt, and sufficient water to make a firm, smooth paste. Wrap the paste in a floured cloth, put it in a bowl, and set it aside for an hour.

Divide the paste into two pieces, and roll out each till it is very thin. Put clean cloths on the backs of two chairs, and hang the two pieces on them to dry. Leave them for half an hour.

Then put the pieces of paste on a board and sprinkle them on both sides with flour, using a fine dredger. Roll them up, bolster-shape, and slice them across in thin pieces. Throw these into fast-boiling water, add salt, and cook them for twenty minutes.

Brioche Dough. Knead five ounces of flour with lukewarm water and a piece of crushed yeast the size of a small hazel-nut. When you have a soft dough put it aside to rise in a warm place. (In summer several hours will suffice; in winter it should be left overnight.) Then knead together ten to twelve ounces of flour with two or three whole eggs, three and a half ounces of butter, salt, and lukewarm water. Roll out this paste. Place the dough that has risen over it, and knead together. Cover with a napkin, and set aside for from two to four hours in a warm place. Shape into several small *brioche*s or one large one, brush over with the yolk of an egg, and bake in a moderate oven for about an hour. The whole process can be simplified by mixing all the ingredients together at one time. In this case the dough should be left overnight in a warm place.

Before applying the yolk of an egg, which should be well mixed with a tablespoonful of water, dust off any flour that may have adhered to the *brioche*s.

Madeleines. Beat the yolks of two eggs with three and a half ounces of sugar for ten minutes. Then add a good ounce of

butter which has been melted in readiness, four ounces of flour, and a tablespoon of orange-flower water. Beat well together. Whip the whites to a stiff froth, and mix them in as lightly and quickly as possible. Fill special madeleine tin moulds with the mixture, and bake for about half an hour.

Waffles. Work well together half a pound of flour and two tablespoons of sweet olive oil, using a wooden spoon. Then add two tablespoons of orange-flower water, two eggs, a pinch of salt, and a good four ounces of powdered sugar. When these ingredients have been well amalgamated add about five ounces of water, or as much as is necessary to make a smooth, thin paste. Leave the paste in a bowl for at least two hours. Heat a waffle-iron on both sides over very strong heat. Brush the inside of it with oil or melted butter. Pour a tablespoon of the paste into it, and close it. Cook over a strong heat for two or three minutes, turning once. Take out the waffle with a knife.

GNOCCHI

Gnocchi made with Flour. Choose a saucepan with a very solid bottom, and pour into it two tablespoons of sweet olive oil or an ounce of butter. Then add four ounces of flour. Mix well, add salt, and take off the fire. When the mixture has cooled a little add two whole eggs, one at a time, and stir until you have a smooth paste. Mix an ounce of grated Gruyère with it. Set aside in a warm place for a few minutes.

With a spoon take out portions of the paste of about the size of a walnut or a small egg, and cook them in boiling salted water. Drain, and place them in a fireproof dish. Cover them with white sauce, sprinkle with grated Gruyère, and brown in the oven. Serve hot.

Gnocchi made with Semolina. Put a glass of water, a little salt, and butter the size of two walnuts into a saucepan. When the water boils add semolina, and simmer till you have a very thick paste. Take the pan off the fire, and let the mixture cool. When it is just lukewarm break two eggs in a bowl, beat them well, and add them to the paste, together with three tablespoons

of grated Gruyère. Divide the mixture into balls about the size of an egg, and lay them in a fireproof dish. Cover them with Béchamel sauce and fine breadcrumbs. Brown in the oven. Gnocchi can also be made with Indian corn meal.

Potato Gnocchi. Cook a pound and a half of peeled and sliced potatoes in salted boiling water. Drain them, and put them through a sieve. Mix with the *purée* thus obtained two whole eggs, an ounce of butter, salt, and a little grated nutmeg. When the ingredients are thoroughly amalgamated divide the mixture into pieces about the size of an egg. Put them in a fireproof dish, and sprinkle them with grated Parmesan and a little melted butter. Cover with a piece of buttered paper, and bake in a quick oven for from twenty to twenty-five minutes.

PUDDINGS

Under "Puddings" we group sweets made with or without eggs, or made of flour, semolina, or rice, cooked in water or milk, and flavoured with chocolate, vanilla, or orange-flower water. Fruit, such as prunes or raisins, is sometimes added. Made with pure milk these puddings are often hard to digest. Half milk and half water should therefore be used, or, in the case of serious illness, one-third milk and two-thirds water. Puddings made with suet, rum, and spices should be avoided. The following recipes are suited to persons suffering from dyspepsia and arthritis.

Chocolate Pudding. Mix together half a pound of sifted flour, a whole egg, sixteen ounces of water, and ten ounces of hot milk in which a large bar of chocolate and five or six pieces of sugar have been melted. Simmer the mixture in a pan for ten minutes, stirring continually. Then pour it into a china mould, and cook it in the oven or in a *bain-marie* for about half an hour. This pudding can be eaten hot or cold, and will keep for several days.

Vermicelli Pudding. Cook three ounces and a half of vermicelli in sixteen ounces of water and ten ounces of hot milk, adding three ounces of vanilla-flavoured powdered sugar. Beat

up the white and yolk of an egg separately. Add them to the vermicelli mixture when it has cooked. Pour into a china mould, and bake in the oven or cook in a *bain-marie*. Or the mixture can be put into a metal mould which has been coated with caramel sugar. If this is done it should not be turned out for ten minutes after cooking. Chocolate may be added as flavouring.

Semolina Pudding. Use five ounces of semolina instead of vermicelli, and proceed as in the above recipe.

Oatmeal Pudding. Cook five ounces of fine oatmeal as directed for the vermicelli pudding, adding two ounces of sugar only. This makes an excellent sweet. It is lighter if made without eggs.

Rice Pudding. Put a teacupful of washed rice in a saucepan with two cups of water, a pinch of salt, and three ounces of vanilla-flavoured sugar. Put on the lid, and cook over very moderate heat for an hour and a half. Take the pan off the fire, and add the yolk of an egg and the beaten white. Line the sides of a mould with butter or caramel sugar, pour in the rice, and bake in the oven, or cook in a *bain-marie*, for about an hour.

Bread Pudding. Cut ten ounces of stale bread in slices. Toast them, and then soak them in a pint of boiling milk to which you have added two good ounces of sugar. When the bread has softened add two whole eggs, and beat well together. Pour the mixture into a mould which has been buttered or coated with caramel sugar, and bake in the oven, or cook in a *bain-marie*.

Plum Pudding. Pick over rather more than three ounces of the best Malaga raisins. Prick them with a fork after having washed them, and let them soak in water overnight. Stone them and mix them with one of the puddings for which recipes are given above. Currants can be used instead of raisins. This is the simplest form of plum pudding. For another recipe, plum pudding made with honey, see p. 245.

Cherry Pudding. Add a pound of sweet, ripe, stoned cherries to the bread pudding after the eggs have been mixed with it.

Apple Pudding. Peel, core, and cut in slices five medium-

sized apples. Cook them for ten minutes, with a little sugar and butter. Mix them with the bread pudding.

Semolina Pudding. Bring to the boil a pint of milk and the same quantity of water, then sprinkle in four ounces of semolina. Boil for ten minutes; then add a pinch of salt and two and a half ounces of sugar. Take off the fire. Let the mixture cool for a quarter of an hour; then add, one at a time, the yolks of two eggs. Beat well together, and add the stiffly beaten whites, as lightly and quickly as possible. Pour the mixture into a mould which has been coated with caramel sugar, and put it at once into a moderate oven. Bake for from fifteen to twenty minutes. This pudding can be eaten hot or cold. It can also be cooked in a shallow buttered pudding-dish.

Indian Corn Meal Pudding. Cook together six tablespoons of maize flour, a tablespoonful of powdered sugar, a glass of water, and a stick of vanilla. Pour the mixture into a bowl, and let it cool. Remove the vanilla, and add a whole egg which has been beaten up and rather more than an ounce of melted butter. Pour into a buttered pie-dish. Sprinkle with breadcrumbs, and bake in the oven.

Lorraine Cake. Put half a pound of flour in a bowl. Make a hole in the middle of it, and put in the yolks of two eggs, an ounce of melted butter, six tablespoons of milk, three ounces of powdered sugar, and a pinch of salt. Mix with a wooden spoon, and when the ingredients form a smooth batter add three teaspoonsful of baking-powder. Pour into a buttered mould, and bake in a moderate oven for about half an hour. Keep for a day before you cut it. This cake is lighter if made with two tablespoons of sweet olive oil instead of butter. Honey may be substituted for sugar. Use a heaped tablespoonful.

Lorraine Cake with Baked Almonds or Hazel-nuts. Put the shelled almonds or nuts into boiling water, and leave them for five minutes. Their skins can then be rubbed off easily. Bake them by placing them on a tin in the oven. Chop them very finely, and spread them on top of the Lorraine cake before putting it in the oven.

American Cake. Take a whole egg and five ounces of

powdered sugar. Beat them together, add six tablespoons of milk, and continue stirring. Then add seven ounces of flour and a teaspoon of baking-powder.¹ Stir together, but do not beat the mixture any more. Pour into a mould, and bake in a moderate oven for from twenty to twenty-five minutes.

This cake is easy to make, and is excellent with tea.

American Cake with Chocolate. Divide the mixture described in the preceding recipe into two portions. Stir two ounces of grated chocolate into one part. Put alternate layers of plain and chocolate mixture into a tin, and bake in the oven.

Savoy Cake. Put four ounces of powdered sugar into a bowl, with the yolks of three eggs. Beat until the mixture is very light. Flavour with vanilla. Add, still beating, four ounces of sifted flour. Beat up the whites of the eggs to a stiff froth, and add them quickly and lightly to the mixture. Have ready a buttered mould sprinkled with sugar, and fill it. Bake in a slow oven for from thirty to forty minutes. When the cake is ready loosen the sides of it with a knife. (We do not recommend the use of potato-flour in making this cake, as its action tends toward loss of mineral salts.)

Kugelhof (Alsatian Cake). Melt three and a half ounces of butter in half a pint of sweetened milk. Add this gradually to a pound of sifted flour. Knead, and then mix with the paste three eggs, a pinch of salt, three and a half ounces of sugar, and three and a half of raisins. (These should have been washed, stoned, pricked, and laid in water overnight.) Work well together, and when the paste no longer adheres to the sides of the bowl add a teaspoonful of baking-powder. Fill a special 'Kugelhof' mould half full of the paste. Let it rise for an hour by the fire. Bake in a slow oven for about an hour.

Household Galettes. Put a pound of sifted flour in a basin, making a hole in the centre of it. Into this put four ounces of butter, two whole eggs, and a little salt. Knead well together with a glass of water. Divide the paste into pieces, pressing out each

¹ To make this powder at home mix three and a half ounces of rice-flour, two ounces of bicarbonate of soda, and a scant ounce of tartaric acid powder together. In order to ensure perfect mixing rub all five or six times through a fine sieve. Keep in a closed tin.

until it is as thin as a shaving. (Use a backward-and-forward movement of the hand, making the ball of the thumb do most of the work.) This process removes any lumps, and aerates the paste. Press all together, place in a bowl, and set aside for half an hour. Roll out the paste, and fill shallow round tins with it. Brush with the yolk of an egg, and make criss-cross marks on each with a knife. Bake in a hot oven for about half an hour.

Hasty Made Pudding. Mix the yolks of two eggs with three ounces of fine oatmeal. Stir gently, but steadily, while adding half a pint of milk, two ounces of sugar, a little vanilla, or a teaspoon of orange-flower water. Beat the whites of the eggs till they are stiff, and stir them in lightly. Pour into a deep fireproof dish or a buttered mould, and bake for from twenty to twenty-five minutes in a very hot oven. Sprinkle with sugar, and serve.

Quiche (a dish from Lorraine). Stir together four ounces of flour with a little warm water, the beaten white of an egg, and a pinch of cinnamon, until the mixture no longer adheres to the sides of the basin. Roll it out, and put it into a buttered tart-tin. Prick it with a fork, and set it in a moderate oven to dry a little.

Half an hour before serving the *guiche* beat up two whole eggs and one extra yolk (the white of which was used in the paste) in a pint of hot milk, adding rather less than three ounces of sugar, one of grated Gruyère cheese, and a little salt. Pour this mixture on the paste, and bake for about twenty minutes in a hot oven. Turn out on to a dish. Serve hot.

SOUFFLÉS

Soufflés made with Wheat, Oat, or Barley Flour or Indian Corn (Maize). Boil up together a teacup of milk, two glasses of water, a little orange-flower water, and two table-spoons of wheat, oat, or barley flour or six of Indian corn meal.

Remove from the fire when cooked, and add a pinch of salt, an ounce of melted butter, and the yolks of two eggs, which have all been well mixed together. Whip the whites to a stiff

froth, and add them to the mixture. Butter a *soufflé* mould, and fill it three-quarters full. Bake in a slow oven for about twenty minutes. Serve at once. If a sweet *soufflé* is required add rather over an ounce of powdered sugar.

Semolina Soufflé. Substitute three tablespoons of semolina for the flour.

Vermicelli Soufflé. Substitute four tablespoons of cooked vermicelli for the flour.

Chocolate Soufflé. Add an ounce of sugar and three ounces of chocolate to the mixture.

Rice Soufflé. Cook a teacupful of Creole rice in water. Drain it, and proceed as directed above.

Bread Soufflé. Soak half a pound of bread in a pint of water and the same quantity of milk. Crush the bread thoroughly. Add an ounce of butter and two of vanilla-flavoured sugar, the yolks of three eggs, and, at the last moment, their stiffly beaten whites. Pour into a mould that has been coated with caramel sugar, and bake in the oven.

Potato Soufflé. Boil a pound of potatoes, and pass them through a sieve. Add a scant ounce of butter, two yolks, and salt. Just before pouring the mixture into a buttered *soufflé*-dish stir in the stiffly beaten whites as lightly as possible.

Cheese Soufflé. Melt about two-thirds of an ounce of butter, and mix with it two tablespoons of flour. Add a glass of milk and one of water, previously mixed. Cook for ten minutes. Take off the fire, and when the mixture has cooled a little add rather more than an ounce of grated Gruyère, three yolks of eggs, and, at the last moment, their stiffly beaten whites. Pour into a buttered mould (it must not be more than three-quarters full), and bake in the oven.

Vermicelli Soufflé with Cheese. Put a pint of milk and a teacup of boiling water in a saucepan. When the liquid bubbles add six tablespoons of very small vermicelli and a good pinch of salt. Boil for ten minutes, and then pour into a bowl to cool. Add an ounce of grated Gruyère, two yolks, and, at the last moment, three stiffly beaten whites. Mix well, and pour into a buttered *soufflé*-dish. Bake in a moderate oven, and serve as

soon as the mixture has risen about an inch. If the oven is hot enough fifteen to twenty minutes' baking should suffice. (This recipe is for six persons.)

TEA BISCUITS

Little Galettes for Tea. Mix two pinches of salt with ten ounces of flour, and put through a sieve. Add two good ounces of butter, two tablespoons of sugar, the yolk of an egg, and one tablespoon of cream (or two of milk). Work well together on a board. Roll out the paste until it is a quarter of an inch thick. Cut it out in rounds with a small wine-glass. Prick each with a fork or knitting-needle. Put the biscuits on a piece of buttered paper, and bake in a slow oven for about a quarter of an hour.

Aniseed Biscuits. Mix together two eggs, an ounce and a half of melted butter, three tablespoons of powdered sugar, and a pinch of aniseed powder. Add sufficient sifted flour to make a firm paste. Roll the paste out a quarter of an inch thick. Cut into rounds with a claret-glass, gather the trimmings together, roll them out, and cut them in rounds. Brush all with the yolk of an egg, and bake in a moderate oven, having placed them on a piece of buttered paper.

Nigger Biscuits. Mix a cup of flour, half a cup of powdered sugar, a heaped tablespoon of grated chocolate, a little powdered cinnamon, and half a teaspoon of baking-powder with sufficient milk to make a paste. Butter a cake-tin, sprinkle it with flour, fill it with the mixture, and bake for twenty minutes in a slow oven.

Ladies' Fingers. Work together four yolks of eggs with four ounces of powdered sugar. (While you do this get some one to beat the whites to a stiff froth.) Add a little vanilla powder to the yolks. Sift three ounces of flour, and add it to the mixture, giving it two or three turns in the same direction with a spoon—it need not be mixed more carefully. Add the whites in two portions, and mix them very lightly and quickly, stirring always in the same direction. Take a spoonful at a time and drop on to an ungreased paper, shaping each like a finger. Sprinkle with sugar

from a sifter. Bake in a very slow oven. Watch the biscuits carefully, and take them out directly they begin to subside.

Sablés. Take a pound of sifted flour, seven ounces of butter, four of powdered sugar, two yolks, and a pinch of salt. Put the flour on a board, make a hole in the middle of it, and into it put the butter, sugar, eggs, and salt. If these cakes are to be light the paste must be worked for a long time, for it must be absolutely smooth. Set it aside for an hour. Then roll it out very thin, and cut it into rounds with a claret-glass. Place them on a tin, and bake them for ten minutes in a moderate oven. The biscuits should be slightly browned—not more. Owing to the butter they contain *sablés* are not recommended to arthritic and dyspeptic patients.

3. MILK, BUTTER, AND CHEESE

Sweetened Condensed Milk. This milk, which retains its vitamins, can be utilized in cooking. Dilute it with tepid water before adding it to flour, creams, or puddings, etc. It can only be used in making sweet dishes (when less sugar will be required), never in sauces or salted food. For creams dilute rather over an ounce of the milk with five of water. For puddings the same quantity of milk should be diluted with eight ounces of water. Children can be given the quantities indicated on pp. 78–79. (A tablespoon of this milk weighs about half an ounce.)

Sour or Curdled Milk. If you want a pleasantly flavoured and vitalized sour milk you must make it of fresh, not boiled, milk. Milk kept in a cupboard where it will be inaccessible to flies and dust will, after a day in summer, or two or three in winter, take on an agreeably acidulated taste. This first supply may be used to turn other fresh milk. This second lot will curdle quickly, and will be of an even pleasanter flavour than the first. It is in this way that the Breton peasants make their sour milk. The fresh is poured into big pans while it is still warm, and it is turned by the addition of a tablespoon of the sour that is always kept in readiness. Neither rennet nor any

other chemical preparation should be used to obtain quicker results.

Nor do we recommend the use of prepared, shop-bought sour milks. These have been obtained by boiling, and are heavy for the stomach. Nothing is as good as the milk which has been allowed to go sour naturally, or which has been turned by the addition of a spoonful of already sour milk.

Sour or curdled milk can be used as it is as a pudding. Salt, sugar, fruit jellies, or fruit (especially strawberries) can be served with it. Too much of it will overtax the stomach and often cause acidity.

Curdled Milk Cake. Put two teacups of flour in a basin. Thoroughly mix with it one teaspoon of baking-powder and four ounces of sugar. Make a hole in the middle of the mixture, and pour in a teacup and a half (about eleven ounces) of sour milk. Add a teaspoonful of vanilla-flavoured sugar, three ounces of the best raisins, which have been washed, stoned, pricked with a fork, and set to soak the night before. Mix all thoroughly together, and pour into a shallow buttered or oiled baking tin. Sprinkle with an ounce of chopped grilled hazel-nuts or almonds. Cover with an oiled paper, and bake in a moderate oven for three-quarters of an hour.

Sour Milk Tart. Put a pint of sour milk on a sieve to drain. Beat it up with a whole egg, a tablespoon of flour, and three of vanilla-flavoured sugar. Line a tin with ordinary pastry, and fill it with the mixture. Put it in the oven to brown, and serve hot.

Fresh Cream. Cream can be obtained at home by carefully lifting off the thicker part of the milk which rises to the top after it has been standing for some hours. This can be added to soups, vegetables, macaroni, etc. Cream contains butter, casein, lacto-albumen, and salts of lime. It is less digestible than butter. Arthritic and rheumatic patients should partake of it rarely, and with discretion.

Fresh Vitamin-containing Butter. Pour fresh unboiled milk into a large, shallow pan. At the end of from two to four days, according to the season of the year, remove the cream that

has risen to the surface. Put it in a bowl, and stir it until the butter comes. Wash it. Eat this butter with vegetables or macaroni, etc. It is very digestible, and is more easily assimilated by delicate stomachs than the bought product, to which preservatives, and sometimes other fats, have been added.

White Cheese. Make rather over two quarts of sour milk, either by letting it stand till it turns or by adding to it a tablespoonful of previously soured milk. At the end of from two to four days put it to drain on a piece of fine linen which has been stretched over a sieve or strainer.

Cream Cheese. Put a white cheese in an earthenware bowl. Add cream and beat well together.

White Cheese Tart. Beat a good ounce of butter to a cream, adding the yolks of two eggs and three ounces of sugar. Beat well together. Add half a pound of white cheese, an ounce of peeled and grated sweet almonds, and two ounces of flour. Beat the two whites to a stiff froth, and stir them lightly into the rest of the ingredients. Line a tart-tin with pastry, and pour the mixture into it. Or pour it into an unlined tin that has been buttered and lightly sprinkled with flour. Bake in a moderate oven for at least half an hour.

Gruyère or Parmesan Tart. In a saucepan beat together a whole egg and as much flour as it will absorb. Then add, stirring continually, a teacup and a half of milk, the same quantity of water, and a good ounce of grated Gruyère or the milder Parmesan. Cook for a quarter of an hour, stirring continually with a wooden spoon. Line a tin with pastry (made of half a pound of flour, a pinch of salt, two ounces of butter, and an ounce of powdered sugar). Pour the mixture over it, and bake. Or pour the mixture into a lightly buttered tin. Bake in a moderate oven.

Brioche made with Gruyère or Parmesan. Add three ounces of grated Gruyère or Parmesan to the ingredients used for *brioche* (p. 129). Proceed as directed.

Cheese Balls. Proceed as directed for soufflé fritters, adding rather less than two ounces of grated Gruyère or Parmesan.

(Add one-third of the cheese after each egg is put in.) Set aside for two or three hours. Drop the mixture by small spoonfuls on to a tin, being careful to give each sufficient space in which to spread without running into another ball. Bake for about twenty minutes.

Cheese Omelette. See p. 120.

Gnocchi. See pp. 130-131.

Cheese Soufflé. See p. 136.

DIASTASED PUDDINGS MADE WITH CHEESE

The following recipes utilize the diastatic properties of cheese, which hasten the digestive transformation of starchy products and make them more easily assimilable by persons suffering from enteritis or weak digestion. Cheese acts favourably, in the same way that malting does, on whole cereals and flours. It is easy to prove its action by a simple experiment. Cook some flour and water together, and, while doing so, add a small piece of Camembert. The mixture will clear, and to some extent dissolve, under the action of the cheese. The dishes of this nature for which recipes are given are valuable particularly in winter, but it is better not to eat them too often, for they provide rather strong nourishment.

Diastased Chocolate Pudding (for dyspeptic and enteric cases). Melt rather over an ounce of chocolate in a pint of boiling water. Add ten ounces of milk and two of powdered sugar. Take the pan off the fire. Put seven tablespoons of semolina flour in a bowl, together with an egg and half an ounce of Camembert divided into very small pieces. Add the milk, water, and chocolate very slowly. (The taste of the cheese will disappear altogether.) Beat the mixture till it is thoroughly smooth, then pour it into a saucepan and stir it over very gentle heat until it comes to the boil. Cook for five minutes, pour it into a *soufflé*-dish, and bake it in the oven for about twenty minutes. This pudding can be eaten either hot or cold.

Diastased Rice à la Brévannaise. Pick over and wash seven ounces of rice. Put it in a saucepan, with a pint of milk, a pinch

of salt, three ounces of powdered sugar, and a teacup of water. Cover the pan, and cook over gentle heat for about two hours, without stirring, by which time all the liquid should have been absorbed. Pour the rice into a basin, and let it cool. Add the yolk of an egg, the third of an ounce of butter, and one ounce of grated Gruyère or the milder Parmesan. Butter a shallow mould. Pour in the mixture, and bake in a fairly hot oven for about half an hour, when the top should be nicely browned.

Semolina à la Brévannaise. Boil up a pint of milk and a teacupful of water. Then sprinkle into it a teacupful of semolina. Add a pinch of salt, and cook for ten minutes. Let the mixture cool in a bowl, and proceed as directed for rice *à la Brévannaise*.

Quaker Oats à la Brévannaise. Put seven tablespoons of Quaker oats in a pint of boiling milk to which you have added a teacup of water. Cook for a quarter of an hour, and then proceed as for rice *à la Brévannaise*.

Potatoes à la Brévannaise. Proceed as for rice *à la Brévannaise*, substituting for the rice a pound of potatoes that have been put through a sieve. Salt, but do not sweeten.

Galettes Briardes. Mix a pound of flour with three ounces of butter, five of ripe Brie which has been wiped and scraped, the yolks of two eggs, salt, a suspicion of pepper, and a little nutmeg. Set aside for a while. Roll out the paste till it is only an eighth of an inch thick. Cut into rounds with a claret-glass. Brush over with milk. Score with the prongs of a fork, and bake in a moderate oven.

4. SOUPS

Soups may be classified under various headings: (1) clear soups, made with water or with the water in which vegetables have been boiled, and served with bread, toast, rice, Italian pastes, or finely shredded vegetables; (2) *purées*, made of vegetables which have been cooked and put through a sieve; (3) cream soups, made of either clear stock or *purées* to which a

little cream is added at the last moment before serving; (4) *velouté* soups, which are thickened with one or more yolks of eggs; (5) thick soups, made with one of the various flours cooked in water or milk.

In the recipes which follow we have purposely avoided the use of milk in any quantity, of dried-vegetable *purées*, of decoctions of cereals, or of vegetables which have been sautéed in butter or fat. We consider that the addition of any of these ingredients tends to make soup indigestible and injurious to the body-fluids. Nor do we recommend the inclusion of watercress, sorrel, tomato, or garlic, for these vegetables act as irritants to the blood. We have also reduced the quantities ordinarily given of turnips and celeriac, for both cause fermentation and tend toward the elimination of mineral salts.

Vegetable Stock for Children. Put two ounces of carrot, three ounces of potato, and rather less than an ounce of Quaker oats, or rice (specially useful in cases of diarrhoea), or barley (in cases of constipation) in a quart of water. Bring it to the boil, and let it cook quickly for fifteen minutes, by which time the water should be slightly reduced in quantity. Add salt and half a lump of sugar. Simmer very gently for about an hour. Strain the liquid off through a sieve. This soup may be served as it is, or it may be slightly thickened by the addition of a teaspoonful of flour. A tablespoonful of fresh cream can be added just before serving.

Vegetable Stock for Adult Invalids. Make this stock with two ounces of carrot, three of potato, rather less than an ounce of barley, and two ounces of finely chopped leek. Cook as directed above. Strain off the liquid. This stock can be given to patients as a drink at the beginning of an acute stage of illness. It may also be used as the basis of other soups, such as vermicelli, tapioca, etc.

Vegetarian Pot-au-feu. Put six quarts of water into a deep pan, and add to it a pound and a half of carrots, ten ounces of turnip, swede, or kohlrabi, two leeks and a parsnip, two table-spoons of red haricot beans, a piece of celeriac (about the size of an apple) or two sticks of celery, an onion, a clove of garlic, a

clove, a bouquet composed of a bay-leaf, a sprig of thyme, and one of parsley, ten baked peapods,¹ and six teaspoons of salt. Bring to the boil; then cook for an hour. Add a small cabbage and sufficient water to make up any that has been lost by evaporation. Simmer for an hour and a half; then strain off the stock. Serve with small slices of toast, or with cooked tapioca or vermicelli. Add a little of the best fresh butter cut into tiny pieces just before serving.

Leek and Potato Soup. Chop up finely two or three leeks and the same quantity of potatoes. Cook them for an hour in boiling salted water. Lay a number of slices of toasted and buttered bread in the soup-tureen, and pour the soup, just as it is, over them. Or the soup may be put through a sieve and cooked tapioca or vermicelli added to it. (The vegetables may be slightly browned in butter or oil before adding them to the water. This will give a more savoury but less digestible soup.) Serve with *croûtons*.

Spring Soup. Chop up some carrots and new potatoes very finely. Add French beans or green peas and a little chervil. Proceed as for leek and potato soup.

Green Soup. Cut up very finely one leek, one cos or cabbage lettuce, a head of endive, and a few French beans. Cook them in water, with a bouquet of chervil, parsley, and tarragon, as directed for leek and potato soup.

Julienne Soup. With a knife specially made for the purpose cut up some potatoes, carrots, and a little turnip or celeriac into long, thin, match-shaped pieces. Roll up several leaves of lettuce, cabbage, and leek, and cut them into thin strips. Put all, with the exception of the potatoes, into salted water. Bring to the boil, and simmer for forty minutes. Add the potato strips and cook for another twenty minutes. Just before serving add a little good fresh butter cut into tiny pieces or two tablespoons of fresh cream. This soup may be enriched by the addition of the yolks of eggs—one for every four persons.

Faubonne Soup. This is a *julienne* soup thickened with a

¹ String a number of peapods together, dry them in a slow oven, and keep them in a cardboard box.

purée of haricot beans. Serve it with cooked vermicelli and very finely chopped chervil.

Nevers Soup. This is a *julienne* soup made with cabbage and carrots only. Chop them, and cook them in a little hot butter. Then add water to them. Serve with cooked vermicelli and finely chopped chervil.

Santé Soup. Cook two finely chopped leeks and two sliced lettuces with a pinch of chervil in salted water. Thicken the soup with one or more yolks of egg, and add a little fresh butter cut in small pieces just before serving. Pour the soup over thin slices of freshly made toast.

Cabbage Soup. Cook one or two small cabbages cut into quarters, two leeks, and an onion stuck with a clove for two hours in salted water. At the end of the first hour add three or four potatoes. Take out part of the vegetables before serving the soup with *croûtons*.

Farmer's Soup. Chop up a carrot, half a turnip, the white part of two leeks, and a small onion. Put a little butter in a pan, add the vegetables, cover with the lid, and simmer very gently for half an hour. Add the necessary quantity of water and about four ounces of chopped cabbage. Put some small, thin slices of brown bread in a tureen, and pour the soup over them.

Crécy Soup. Chop up a number of carrots and a leek. Heat a little white oil in a pan. Add the vegetables, and sprinkle them with a small teaspoonful of powdered sugar. Let them brown lightly. Add the necessary water, and simmer for an hour. Put all through a fine sieve and back again into the rinsed pan. Reheat gently. Cooked tapioca can be added to this soup, or it may be served with *croûtons* of bread which have been fried in white oil.

Parmentière Soup. This soup is made of potatoes only. Boil them, and put them, with the water in which they were cooked, through a fine sieve. Add a little butter, and pour into a tureen containing *croûtons* of bread that have been fried in white oil. A little grated nutmeg can be added.

Valaisan Soup. This is a potato soup to which a small

quantity of turnip has been added. Pour in a little fresh cream just before serving. Grated Gruyère and slices of toast should be handed with it.

Green Pea Soup. Cook a number of early green peas in salted water. Put the greater part of them, together with the water in which they were cooked, through a fine sieve. Reheat, adding the whole green peas, two tablespoons of cream, and several very small pieces of butter. Cooked vermicelli and dice of toasted bread may be added to the soup.

Peapod Soup. Wash a number of perfectly sound, fresh peapods, and nip off their ends. Cook them, together with two chopped potatoes and the sliced heart of a lettuce, in salted water. Put all through a sieve, and reheat, having added some cooked vermicelli or tapioca.

Carrot and Pea Soup. Allow a tablespoonful of fresh green peas for each person and the same quantity of finely sliced carrot. Cook them in salted water, and add some vermicelli a quarter of an hour before serving. Add a little butter cut in small pieces after the soup has been taken from the fire.

Lamballe Soup. This soup is made with a *purée* of fresh green peas. Add cooked tapioca to it.

Asparagus Soup. Cook a number of tender heads of asparagus in salted water, together with a couple of potatoes which have been cut into small pieces. Put part of the vegetables through a sieve. Add this *purée* to the rest of the vegetables and the water in which they were cooked. Just before serving the soup pour in a little fresh cream, or add a little butter cut into very small pieces.

French Bean Soup. Slice a number of tender, fresh French beans. Cook them in salted water, together with a few fresh flageolets. Put part of the vegetables through a sieve. Add this *purée* to the rest of the vegetables and the water in which they were cooked. Just before serving add a little fresh cream or some butter cut up in small pieces.

Lettuce Soup ('Soothing Soup'). Cut up a lettuce into fine strips and cook it with a few sliced potatoes. Put through a sieve, and proceed as directed for asparagus soup.

Endive Soup. Use curly endive, and proceed as directed for lettuce soup.

Endive Soup (a recipe from the Ardennes). Cut up some endives, a medium-sized potato, and the white part of a leek. Cook them in a covered saucepan, with a little hot butter. When they are tender add the necessary quantity of water and some salt. Serve with a little fresh cream and small slices of bread or toast.

Dandelion Leaf Soup. Proceed as directed for lettuce soup.

Chervil Soup (a recipe from the Vosges). Cut some stale bread into very thin slices. Arrange in layers in a soup-tureen, sprinkling each with very finely chopped chervil and cream. Pour slightly salted boiling water over all. When it has soaked into the bread serve the soup. The yolk of an egg may be mixed with the cream, or the slices of bread can be lightly spread with butter, in which case no cream will be required.

In the Jura districts this soup is made with a very light vegetable stock obtained by boiling two medium-sized potatoes and half of a small turnip together in slightly salted water. (The turnip must be mashed when it is tender.) A little butter should be added to the soup before it is poured over slices of bread. Cream should be omitted.

Parsley Soup. This is a potato soup to which dice of toasted bread, a little butter cut in small pieces, and finely chopped parsley are added just before serving.

Tarragon Soup. Make a potato soup, and cook with it a small handful of chopped fresh or dried tarragon.

Spinach Soup. Add a tablespoonful per head of finely chopped cooked spinach to a potato soup.

Soup made with the Water in which Vegetables have been cooked. Instead of making a fresh vegetable stock time can often be saved by using the water in which vegetables—cabbage, carrots, beans, lentils, cauliflower, asparagus, lettuce, or endive—have been cooked.

This water, however, is heavily charged with mineral salts—chiefly salts of lime—and often acts as an irritant. If used undiluted it may cause insomnia (especially in children), rheumatic

pains, attacks of gout, headaches, neuralgia, gravel in the urine, nephritic or hepatic colics. One should not, therefore, be misled by the advice of theoretical dieticians who recommend the use of these concentrated vegetable waters. They should always be diluted with an equal quantity of pure water, or even more than this amount if they have a strong and bitter flavour.

After a long drought it is wiser not to make use of any vegetable water in cooking, for it would tend to overburden the stomach, to act as an irritant on the blood, and clog the joints and the organs of elimination. Under these conditions the quantities of vegetables given in recipes for making soups should be considerably reduced. Nor should they be cooked too long, but used rather as vegetable teas than as soups. Italian pastes, semolina, flaked cereals, breadcrumbs, or potatoes may be served with them.

Onion Soup. Chop up a number of onions. Heat some butter or white oil in a saucepan. Add the onions, and sprinkle them with a teaspoonful of powdered sugar. Brown them well. (Do not use flour in making this soup, or it will be indigestible.) Add the necessary water, and cook till the onions are tender. Strain off the liquid. Add cooked vermicelli and, if you like it, a little grated Gruyère or the more digestible Parmesan. Or serve with slices of toasted or fried bread sprinkled with either of these cheeses.

Velouté Soup. Allow a tumbler of salted water and a tablespoonful of tapioca for each person when making this soup. Boil the water, and sprinkle the tapioca slowly into it. Add salt. Cook for ten minutes; then add a little butter and (for every four persons) the yolk of an egg which has been mixed with a little water and cooked very gently for a few minutes. (The cooking should be done in a *bain-marie*, over very gentle heat, stirring all the time.) Instead of water a thin vegetable stock may be used.

Lentil Soup. Chop up a small onion and a few small carrots. Heat a little butter in a pan, add the vegetables, and cook them gently, with the lid on, until tender. Take them out, and add

them to a number of washed lentils. Cover with water, and add a bouquet of thyme, parsley, and half a bay-leaf. Simmer until the lentils are tender. Put all through a sieve. To every tablespoon of *purée* add half a pint of hot water. Reheat, and salt lightly. Serve with tiny *croûtons* of toasted or fried bread.

Pumpkin Soup. Pare off the rind of the pumpkin, remove the seeds, and cut it into small dice. Cook over gentle heat in slightly salted water. Put the pumpkin through a sieve, and back into the rinsed saucepan. Add to the *purée* part of the water in which the pumpkin was cooked and a little fresh water. Bring to the boil, and then add cooked vermicelli, tapioca, or rice, a little butter, and fresh cream (or grated Gruyère). Serve with small dice of toasted bread. It is better not to use milk in making this soup, as it would make it heavy. If it is possible to procure a 'Hubbard' squash instead of a pumpkin it should be preferred. It will make a thicker, sweeter, and more nourishing soup.

St Julien Soup. This is a soup made with a *purée* of potatoes and pumpkin or of potato and vegetable marrow. It is served with small rounds of toasted bread and grated Gruyère.

Vermicelli Soup. Into the required quantity of boiling sweetened or salted water put a tablespoonful of broken vermicelli (as much as three tablespoons can be used if a thick soup is required). Cook for a quarter of an hour. Add a little butter before serving. In severe cases of dyspepsia the butter should be omitted and the soup slightly sweetened. A little cream or grated cheese may be added. Only for children, and in exceptional cases (acute stages of illness, enteritis), should this soup be made with milk. The milk may be used undiluted, but it is best to mix it with a quarter, or even a half, of its volume of water. Cook the vermicelli in it. The yolk of an egg for every four persons served may be added.

Soup made with Small Italian Pastes. This is made in the same way as vermicelli soup. So also are Quaker oats, tapioca, *nouilles*, semolina, and pearl barley soups.

Rice Soup. This soup is made in the same way as vermicelli soup, but it should be allowed to cook very gently for a longer

time. Do not stir it, for fear of crushing the rice. Allow half an ounce of uncooked rice for each person.

Soup made of Rice, Cabbage, and Cheese. Put some rice to soak in hot water an hour before you are ready to make your soup. Drain it, and put it in a pan with some chopped cabbage and onion and a little butter or white oil. Put on the lid, and cook gently for ten minutes. Then add the necessary quantity of water. A little grated Gruyère can be served with the soup.

Italian Rice Soup. Chop up an onion and wash some rice. Cook them together for five minutes in a little hot butter or white oil, with the lid of the pan on. Add salt, pepper, and the necessary quantity of water. Serve the soup with grated Gruyère—a teaspoonful for each person.

Soup made with Rice and Purée of Lentils. Brown the washed rice in a little white oil or butter. Add water, and cook very gently until the rice is tender. Just before serving add a *purée* made of lentils, in the proportion of two teaspoons for each person. Serve with small dice of toast.

Rice Soup with Purée of Carrots. Proceed as directed above, adding for each person a tablespoon of carrot instead of lentil *purée*.

Polignac Soup. This is a soup made with a *purée* of carrots and tapioca. It should be thickened with the yolks of eggs (one for every four persons) which have been mixed with a little cream.

Infants' Food. Do not use any dried-milk powders. Mix a teaspoon of wheaten flour (in cases of constipation use barley flour, and when there is diarrhœa rice flour) with two table-spoons of cold water until you have an absolutely smooth paste. Pour the mixture slowly into from five to seven ounces (according to the age of the child) of boiling milk, stirring continually while you do so. Add a pinch of powdered sugar and a grain of salt. Cook over strong heat for five minutes, stirring all the time with a wooden spoon. Continue cooking the food over the gentlest heat for another fifteen minutes.

Sweetened condensed milk diluted with plain boiled water should be used for a baby's bottle-food. This mixture can be

added to one of the flours mentioned above to make infants' food. Cook the flour in water. Put part of it into a bowl, and when it is cool add the diluted condensed milk very slowly. Stir well together, and when absolutely smooth add it to the rest of the flour mixture. Finish cooking over very gentle heat.

At a later age the food can be made thicker by using two teaspoons of flour and, later still, a tablespoon of flour.

Malted Foods made with Flour of Malt for Sick Children. Do not use ready-made commercial malted flours. Make the food as directed above. Take it off the fire. Wait till it has cooled in order that the diastatic properties of the flour of malt may not be harmed. (Do not use any extract of malt.) Add, stirring continually, half a teaspoon of Heudebert's flour of malt for each teaspoon of flour used in making the food. Do not cook the food again. At the end of five minutes the food will liquefy, and can be given in a bottle if required. This food is of the greatest help in cases when cow's milk is found to be indigestible, in diarrhœa, eczema, and malnutrition. It can be given occasionally at as early an age as five months.

Infants' Food made with the Yolk of an Egg. Make the food as directed. Take a little of it out of the saucepan and put it in a bowl. When the food is lukewarm carefully mix the yolk of an egg with it. Put this mixture back into the saucepan containing the rest of the food, and stir it continually over very gentle heat until it is cooked.

This kind of infants' food may also be made with barley flour or oatmeal.

Wholemeal Food for Constipated Children. The washed and picked-over grains can be ground at home if a mill¹ is available. One or two teaspoons of white flour should be added to this food. It will be found sovereign against constipation. While it is being taken no suppositories, enemas, or laxatives should be used. Continue giving the food until the motions become regular.

¹ Dr Carton recommends a Peugeot mill. It can be bought from the firm of this name at Valentigney, Doubs.—TRANSLATOR.

Quaker Oat Food for Children. Begin by using a teaspoon of the Quaker oats, and increase the quantity gradually to a tablespoon. Add three tablespoons of water to seven ounces of milk in order to avoid over-concentration by boiling. Cook the flakes and milk together for five minutes over strong heat. Finish by simmering over very gentle heat for from twenty to thirty minutes. Add a very little salt and some sugar. This food can be cooked in a double-boiler, but will take from one to two hours. If children dislike the flakes the food can be put through a sieve.

Indian Corn Meal Food. Measure three tablespoons of the finest Indian corn meal for each person. Mix it with water, adding a very little salt and sugar. Cook and serve as it is, or with the addition of a little butter. The flour may also be cooked in one-third milk and two-thirds water.

Soup made with Oatmeal, Barley or Buckwheat Flour, or Indian Corn Meal, and a Vegetable Stock. Chop up a leek, a piece of celery, and two potatoes. Cook them in a quart of water till tender. Strain off the liquid. Mix two tablespoons (per person) of fine oatmeal, barley or wheat flour, buckwheat or Indian corn meal, with a little of the cold stock. When it is quite smooth pour it into the rest of the stock and cook gently for twenty minutes. Add a little butter. This soup may also be made with water.

Oatmeal and Chervil Soup. Chop a handful of washed chervil very finely. Cook it for a few minutes in a little butter. Add water, salt, and oatmeal. Cook very gently for twenty minutes. Just before serving add the yolk of an egg which has been mixed with a little water and strained.

Bread Soup. Break pieces of bread into salted water or weak vegetable stock. Simmer very gently for half an hour, or until the bread has completely softened and broken up. Add butter or fresh cream.

Soup made with Toast. Toast the bread before making a soup as directed in the preceding recipe.

Bread Soup à la Provençale. This soup can be made according to either of the two preceding recipes. Before serving it rub

the plates with a clove of garlic and a bay-leaf, to give the soup additional flavour.

Italian Bread Soup. Add a teaspoonful of grated Gruyère or the lighter Parmesan to each plate of soup and sprinkle lightly with grated nutmeg.

Chocolate Soup. Melt an ounce and a half of chocolate in a pint of water. Then add a tablespoonful of wheaten or semolina flour, or of buckwheat, which has been smoothly mixed with a little water. Simmer for fifteen minutes. Add a little butter or cream just before serving.

Browned Flour Soup. Brown some flour by putting it in a pan standing over gentle heat. Stir it continually until it has coloured a little. (Allow two tablespoons for each person.) Add water as required. Salt the soup, and cook it for ten minutes. Serve with butter or fresh cream.

Prune Soup. Cook three ounces and a half of stoned prunes in a pint of water. Add a tablespoonful of wheat or barley flour or cornflour which has been mixed smooth in a little water. Bring the mixture to the boil. Put through a sieve at the end of fifteen minutes. Reheat, adding a pinch of salt and a small teaspoonful of powdered sugar.

Bran Soup (a Flemish recipe). Brown some bran in butter or white oil in a saucepan over gentle heat, stirring all the time. (Allow one tablespoon for each person.) Add the necessary quantity of water or vegetable stock and a little salt. Cook over gentle heat. This soup is useful in cases of constipation.

5. MUSHROOMS

Mushrooms which are to be eaten must be fresh, young, and absolutely sound. Bottled and tinned mushrooms should be avoided: they contain no vitamins, and have been whitened by the use of sulphurous acid.

How to prepare Mushrooms. When field mushrooms are to be cooked the utmost care must be used in their selection. Any that are in the least doubtful should be rejected. There are no

tests by which the edible mushroom can be recognized. It should therefore come from a proved source.

Mushrooms that have been infested by worms must be thrown away. The forced mushroom is free from this pest, and so are many of the wild varieties, such as the morel and fungi of the *Peziza* and *Coprinus* families, etc. *Cèpes* (edible boletus), the pink mushroom, and *Lactarius deliciosus* are often infected. It is not always desirable to break a mushroom in half in order to test its condition. Cut off the stem, and if it is sound the head in all probability will be so also. If, however, the stem is worm-eaten the rest will generally be infected with larvæ.

After gathering field mushrooms wash and pick them over at once, removing any discoloured, doubtful, or worm-infected parts. If they are left unsorted overnight the invasion will spread and the mushrooms become uneatable.

The flavour of mushrooms is very delicate, and it should not be endangered by furious washing. Nor should lemon-juice or vinegar ever be added to the water in which they are cleansed. Spices should never be used in cooking mushrooms, for their flavour is overpowering. Field mushrooms need very little cleansing, but forced ones must be freed of the sand which adheres to them. Wash them quickly by letting cold water run over them from a tap. Morels will need special care, for their rough surface holds the grit. They should be cut across lengthwise and examined carefully for the little slugs they sometimes harbour.

Wild wood mushrooms need only be peeled or scraped with a sharp knife.

Sautéd Mushrooms. The simplest way of preparing mushrooms is to cook them in butter or oil. This applies also to all the edible species, with the exception of *Lepiota naucina*, which should be cooked almost dry—with just a few drops of white oil. Oil should be used in preference to butter for the cooking of mushrooms. It preserves their flavour better, and makes them more digestible.

Prepare half a pound of mushrooms. Heat a tablespoonful of white oil in a pan, and cook them in it for a few moments only.

Then add salt and a bouquet composed of parsley and a little piece of tarragon. Cover the pan, and simmer very gently for half an hour.

Mushrooms or Cèpes à la Bordelaise or à la Provençale. Cook the heads of the mushrooms as directed above. Chop the stems very finely. Add them to the mushrooms, together with a little water and some fine breadcrumbs. Add a tiny piece of garlic and the same of shallot. Cover, and simmer till ready.

Ragoût of Mushrooms. Mix together in a saucepan a tablespoon of white oil and a heaped tablespoon of flour. Add, very slowly, a claret-glass of cold water, then half a pint of very hot water. Add also a tiny piece of garlic and one of shallot (these must be finely chopped), a sprig of thyme, a little piece of bay-leaf, and a pinch of salt. Stir till you have a very thick sauce. Add the mushrooms, morels, or other edible fungi. Bring them quickly to the boil, then simmer as gently as possible for an hour and a half.

Mushrooms in a Ragoût of Vegetables. See p. 186.

Chanterelles à la Mode de Caen. Put two or three tablespoons of white oil into an iron saucepan. Add two finely sliced onions, two carrots, and half a pound of *chanterelles*. Pour over them a glass of burnt white wine (see p. 233). Add a clove, three tablespoons of stoned black olives, and a little bouquet composed of pieces of thyme, parsley, tarragon, and half a bay-leaf. Cover, and cook very gently for two hours, adding a little water if the contents of the pan become too dry.

Bring some water to the boil, and put into it half a pound of broken macaroni. Cook it for from fifteen to twenty minutes. Drain it, and mix it with the *chanterelles*.

Chanterelles Sautéd with French Beans and Potatoes. Cook the *chanterelles* in a little white oil. Cook a number of French beans and two or three potatoes separately in salted boiling water. Drain, and mix all together before serving.

Lepiota Naucina. This mushroom resembles a Japanese umbrella, and is delicious prepared in the following way. Cut off and throw away the stalks. Cut the heads into halves or

quarters. Brown them in a pan in which a little white oil has been heated. Add salt. Do not add any water, or the mushrooms will toughen.

Mushrooms with Poulette Sauce. Brown the mushrooms in white oil. Add a *poulette* sauce (see p. 114). Cover the saucepan, and cook very gently for a few minutes.

Mushrooms with Matelote Sauce. Cook the mushrooms in hot white oil. Add the *matelote* sauce (p. 115), and simmer gently in a covered pan.

Mushrooms with a Purée of Potatoes au Gratin. Cook the mushrooms in hot white oil after having cut them into small pieces. Line a fireproof dish with a *purée* of potatoes. Spread on it a layer of mushrooms, covering them with more of the *purée*. Sprinkle with a few tiny pieces of butter and browned breadcrumbs. Brown in the oven. If you have plenty of mushrooms use a deep dish and make as many layers as it will hold.

Mushrooms on Crêtons of Fried Bread. Cook the mushrooms in hot white oil and mix them with a little *poulette* sauce (p. 114) or a Béchamel sauce (p. 112) thickened with the yolk of an egg. Serve on rounds of buttered toast or on bread that has been fried on both sides in butter.

Mushrooms with Cabbage. Cut up the heart of a firm Savoy or red cabbage and cook it in boiling water. Drain it well, and five minutes before serving it add a number of sautéed mushrooms. Heat well.

Mushroom Omelette. See p. 120.

Mushrooms in a Vegetarian Vol-au-vent. Cook four ounces of macaroni for from thirty to forty minutes in salted boiling water. Drain it well. Cook four ounces of forced mushrooms in a tablespoon of white oil. When they have browned nicely add half a glass of hot water and a piece of parsley. Cover the pan, and simmer for half an hour.

Stone and cut up fifteen green olives. Mix the macaroni and mushrooms with a number of the *quenelles* for which a recipe is given below. Fill a *vol-au-vent* case with them. Make a white sauce with a tablespoon of flour, half a glass of milk, the same

Uncooked Wheat. See *Hors d'œuvre*, p. 224.

Cooked Wheat. Pick over and wash the grains. Soak a teacupful of them in water for forty-eight hours. Brown two table-spoons of finely chopped leek in rather less than an ounce of hot butter. Add two teacups of water and the wheat. Cover the pan, and let the contents simmer for about four hours. This wheat can be eaten as it is, or it may be mixed with soups or sauces (mayonnaise, cream, onion, bread, *poulette*, or tomato). Or it can be served with sautéed mushrooms.

Soup made with Ground Grain. The grains of wheat used for this purpose are ground between two stones held sufficiently far apart to rub off the husks without crushing the grains. They must be cooked for a very long time in an aluminium, earthenware, or iron saucepan.

Lightly brown two tablespoons of chopped leek in an ounce of butter. Add three quarts of water, rather over two ounces each of ground wheat, ground barley, and ground oats, and a little salt. Boil the mixture for ten minutes; then simmer as gently as possible for four or five hours. At the end of this time the water should have been reduced to a quart and a half. (If it has been further reduced make up the necessary quantity by adding more boiling water.) An hour before taking the soup off the fire add five ounces of chopped potato and three of chopped turnip or kohlrabi.

Instead of cooking several kinds of grain together seven ounces of one sort only can be used. But a soup made of the mixture advised is better, softer, and more synthetic. If preferred, the grains mentioned above can be replaced by rather over two ounces of semolina and the same quantity each of pearl barley and Quaker oats.

Flours, Semolinas, and Flaked Cereals. See recipes for soups, *gnocchi*, *soufflés*, puddings, fritters, pancakes, cakes, and tarts.

Polenta. Boil up a quart of salted water and sprinkle slowly into it half a pound of Indian corn meal. Cook it, stirring continually, until it is thick. (This will take about twenty-five minutes.) Add half to an ounce of butter and one ounce of

grated Gruyère or Parmesan cheese. (The cheese may be omitted.) Serve either hot or cold. If it is to be eaten cold spread it thinly on a shallow dampened tin or pour it into a slightly moistened mould and allow it to cool. Then cut it into slices, toast them, and spread them with butter. Sugar can be added to the mixture if cheese is not used.

This corn meal can be used as it is bought, or it may be browned in a tin in the oven.

Croquettes of Green Wheat, Oat, or Barley Flour, Quaker Oats, or Polenta. Make a thick porridge with one or other of these flours or with Quaker oats. Add a little butter, and let the mixture cool. Cut it in slices, roll them in flour, then in egg and breadcrumbs. Fry, and serve with Béchamel or tomato sauce. Or when the mixture is cold add to it a whole egg, a little chopped parsley, chopped black olives, a little chopped onion which has been browned in butter, and breadcrumbs. Shape into balls, and brown them in a pan. Serve them as they are or with a sauce.

Galette des Rois. Sift half a pound of flour into a big bowl. Make a hole in the middle of it, and pour in a little slightly salted water, a small teaspoon of powdered sugar, and rather more than half an ounce of melted butter. Knead well together. The paste must not be too thick, and should be worked until it no longer adheres to the sides of the bowl. Roll out and fold over the paste several times, then roll it into a ball, cover it with a cloth, and set it aside for twenty minutes. Put it on a board, and roll it out till it is half an inch thick. Soften two ounces of butter and put it in the centre of the paste. Fold in the four corners of it, envelope-wise. Roll it out again, working outward only, and very gently, till you have formed a square about half an inch thick. Fold over one-third of the paste on to itself. Fold it over again from the other side. Set it aside for a quarter of an hour. Roll it out square-shaped once more. Refold, and roll out as before. Set aside for a quarter of an hour. In all repeat this folding process four times, folding over each time from a different side. Finally, shape the paste into a round about an inch thick. Put a small china ball into the centre of it and

brush the paste over with the yolk of an egg diluted with water. Mark it into squares with a knife. Bake in a moderate oven.

Little Tea Biscuits made without Eggs. Take a pound of sifted flour. Put it into a bowl and make a hole in the centre of it. Into this pour three and a half ounces of fresh cream. If you wish the biscuits to be slightly salted, add a teaspoon of powdered sugar and two level teaspoons of salt: if sweet, two tablespoons of powdered sugar and a very little salt. The biscuits, if sweet, may be flavoured either with cinnamon or vanilla. Roll out the paste and fold it over. Repeat this process. Then roll it out again till it is a quarter of an inch thick. Cut it out in rounds with a wine-glass. Mix a teaspoon of powdered sugar with two tablespoons of milk, and brush the mixture over the biscuits. Put them on a floured tin, and bake them in a fairly quick oven.

Oatmeal Biscuits made without Eggs. Work together half a pound of oatmeal with three ounces of butter, a tablespoon of powdered sugar, a pinch of salt, and sufficient milk to make a stiff paste. Roll it out and fold it over. Repeat the process. Then roll the paste out again until it is about a quarter of an inch thick. Cut it into rounds with a wine-glass, and bake in a moderate oven.

Shortbread made with Honey. Take a pound of flour and eight ounces of butter, a quarter of a pound of honey, and a pinch of salt. Mix the honey and butter together in a bowl, using a wooden spoon. Add the flour slowly, and work all well together. Knead the paste with the hands till it is smooth and homogeneous. (No liquid must be added to it.) Shape the paste into a ball, then flatten it out at once. Divide it into several pieces, and set them on sheets of white paper. Prick the surface with the prongs of a fork. Cut out the paste into shapes, round or oblong. See that they do not touch each other, and bake them until they are firm and lightly coloured. They will become harder as they cool.

ITALIAN PASTES (NOUILLES, MACARONI, VERMICELLI,
SPAGHETTI, ETC.)

Cook about two ounces of any one of the Italian pastes in slightly salted water. (Macaroni will take from eighteen to twenty minutes. Less time is required for *nouilles*, and a few minutes only for vermicelli. In any case the pastes must not be over-cooked.) Drain them in a cullender. Put them back into a saucepan, and set it just inside the oven until the contents have dried. In severe cases of dyspepsia the pastes should be eaten as they are without any sauce or other addition. The amount given is for one person only.

Nouilles with Butter. Add half an ounce of fresh butter per person to the *nouilles* just before serving them.

Nouilles with Cream. Add a teaspoonful of fresh cream per person.

Nouilles with Milk. Cook three tablespoons of *nouilles* in a teacup of milk diluted with a pint of water.

Nouilles flavoured with Nutmeg, with or without Butter. Sprinkle a little finely grated nutmeg over the *nouilles*.

Nouilles with Sauce. Any of the following may be added to cooked *nouilles*: white sauce, white sauce with tarragon, white sauce made with mushrooms and carrots, Béchamel, bread, *poulette*, tomato, or fruit sauce, mayonnaise.

Nouilles cooked in the Water in which Sautéd Onions have been boiled. See p. 113.

Sautéd Nouilles. Melt a little oil or butter in a pan. Add cooked and drained *nouilles* which have been sprinkled with browned breadcrumbs. Cook them on one side and then toss them over, to brown on the other.

Nouilles in the Italian Way. Just before serving the *nouilles* add per head three-quarters of an ounce of grated Parmesan and half an ounce of butter.

Nouilles in the Neapolitan Way. Add per person a tablespoonful of tomato sauce to the cooked and drained *nouilles*.

Nouilles au Gratin. Put the cooked and drained *nouilles* in a fireproof dish. Cover them with a white or Béchamel sauce, and bake for ten minutes in the oven. Or add to them half an

ounce of butter per person. When it has melted put them into a fireproof dish, sprinkle them with breadcrumbs, tiny pieces of butter, and grated Gruyère or Parmesan. Brown in the oven.

Nouilles Omelette. See Omelette with Macaroni, p. 121.

Nouilles à l'Égyptienne. Add a tablespoon of *purée* of lentils per person to the *nouilles*. Put the mixture into a fireproof dish, sprinkle with tiny pieces of butter, and brown in the oven.

Nouilles à la Crécy. Add (per person) to the *nouilles* a tablespoon of carrots that have been cooked and put through a sieve. Serve with a little fresh butter; or put them into a fireproof dish, sprinkle them with tiny pieces of butter and breadcrumbs, and brown in the oven.

Macaroni Croquettes with Gruyère Cheese. Cook some macaroni (or *nouilles*) broken up into small pieces as directed. When drained and dried add grated Gruyère and a very thick white sauce. Set aside for several hours. Then shape into small balls or cork-shaped pieces, and roll them in yolk of egg and breadcrumbs. Cook them in plenty of very hot white oil, or brown them on both sides in a frying-pan in which white oil has been heated. (It should be very hot.)

Croquettes of Nouilles and Olives or Mushrooms. Break up the *nouilles* and cook them in boiling water as directed for about eighteen minutes. Drain them well. Put them in a saucepan with a number of chopped mushrooms which have been sautéed in white oil, or with chopped and stoned black olives. Bind them with a thick white sauce. Turn out the mixture, and let it cool. Divide into round flat pieces, roll them in flour, and then in breadcrumbs. Fry them as directed in the preceding recipe.

Nouilles Pudding. See Vermicelli Pudding, pp. 131-132.

Soufflé of Nouilles. See Vermicelli *Soufflé*, pp. 136-137

Diastased Nouilles à la Brévannaise. See *Rice à la Brévannaise*, pp. 141-142.

Neapolitan Soufflé. Cook seven ounces of *nouilles* in salted boiling water. Drain them well. Cut the same quantity of mushrooms in small pieces and cook them in a little white oil,

together with a small bouquet of herbs. Sprinkle a tablespoon of flour on the mushrooms, and add a glass of the water in which the *nouilles* were cooked, a small piece of butter, and the yolks of two eggs which have been mixed with a very little water. Add the *nouilles*, two ounces of grated Gruyère or the more digestible Parmesan, and, just before you are ready to put the *soufflé* in the oven, the whites of the eggs beaten to a stiff froth. Butter a mould and sprinkle it with fine breadcrumbs. Pour in the mixture. Bake for three-quarters of an hour. Or cover and cook in a *bain-marie* for two hours, removing the lid during the last half-hour. Turn out, and serve with a white sauce.

Nouilles with Apples. Cook the *nouilles* in salted water. Drain them. Make a sweetened *compôte* of apples. Alternate layers of *nouilles* and apple in a fireproof dish, finishing with one of apple. Sprinkle with small pieces of butter. Bake in a fairly hot oven for about twenty minutes. Thin slices of apples sprinkled with sugar can be substituted for the *compôte*.

Timbale of Nouilles. See Vegetarian *Vol-au-vent*, pp. 156-157.

Galantine of Nouilles. See Vegetable Galantine, p. 178.

Nouilles and Cheese au Gratin. Cook the *nouilles* and drain them. Make a sauce with the water in which they were boiled, thickened with flour. Add grated cheese to it. Butter a dish and fill it with alternating layers of *nouilles* and sauce. Cover with a layer of potato *purée*. Sprinkle with melted butter. Bake in the oven for three-quarters of an hour.

Nouilles Salad. Let cold water run through the freshly cooked *nouilles*. Drain them thoroughly. Mix slices of tomato with them, and serve with mayonnaise.

Macaroni and Vermicelli. These pastes can be prepared in the same way as *nouilles*.

RICE

Rice so cooked that it forms a sticky, solid mass is very unappetizing. Each grain should remain separate.

Wash the rice thoroughly. Put it in a pan with cold water, allowing two cups of water to one of rice. Bring it quickly to the

boil. Cover the pan, and let the contents simmer very gently, without stirring, for an hour and a half.

Creole Rice. Cook the rice in slightly salted water. Drain it well, and put it on a plate just inside the oven to dry. It can be served as it is, or with a sauce.

Rice à la Japonaise. Boil the rice in half milk, half water. Add a little salt, and cook in a double boiler for an hour and a half. (During all this time the water in which the inner saucepan is standing should be kept at boiling-point.) Drain the rice, and stand it inside the oven to dry.

Rice à la Chinoise. Wash the rice in several waters. Put it into a bowl, and pour boiling water over it. Cover it, and let it stand for ten minutes; then drain it. Melt some butter in a saucepan. When it is very hot add the rice, and cook for a few minutes. Do not stir the rice, but shake the pan from time to time to prevent it from sticking. Add as much salted boiling water as you have rice. Cook, closely covered, over good heat until the water has evaporated. Put the pan to the side of the oven, or over very gentle heat, to finish cooking. Shake it from time to time. Serve the rice as it is, or with a sauce.

Pilaf of Rice. Melt an ounce of butter in a pan. Add a teaspoonful of chopped onion, and let it cook until it is lightly coloured. Add a teacupful of unwashed rice. Cook it over gentle heat until it has a milky tint, stirring with a wooden spoon to prevent it from sticking to the pan. Add two teacups of hot salted water. Cover, and cook very gently for about twenty minutes. Chopped mushrooms which have been sautéed in butter can be added at the last moment before serving.

Rice à la Turque. Proceed as directed above, adding a pinch of saffron to the water.

Rice à la Roumaine. This rice is prepared as directed for Creole rice, but it is seasoned with vinegar and oil.

Rice à l'Égyptienne. For three cups of rice four of water and four teaspoons of sweet olive oil will be required. Boil up the water and oil with a little salt. Wash the rice just before adding it. Bring to the boil again. Reduce the heat, and cook as gently as possible, well covered and without stirring, until

the grains are tender. Rice prepared in this way is very light, and therefore suited to dyspeptics. It can be eaten with hot vegetables—potatoes, Brussels sprouts, marrows, cauliflowers, carrots, cardoons, artichoke-bottoms—or with cooked fruits, such as pears, apples, and prunes.

Rice à la Suisse. In a large, deep pudding-dish put seven ounces of rice. Beat lightly together a pint of milk and the yolk of an egg. Add a pint of water, a pinch of salt, and three ounces of powdered sugar. Pour the mixture over the rice. Cook in a very slow oven till the rice has swollen and absorbed all the liquid, but not until the pudding has dried up. Just before serving whip up the white of the egg to a stiff froth and spread it over the pudding. Brown lightly in the oven.

If during baking the rice begins to brown too quickly cover it with a piece of buttered paper.

Rice à la Flamande. Proceed as directed above, adding a pinch of powdered cinnamon to the milk.

Risotto. Chop a small onion and put it, together with half a pound of rice, in a saucepan in which a little butter has been heated. When rice and onion have coloured add salt and a pint of water. Cook very gently for about an hour, closely covered. Before serving add a little butter cut up in very small pieces and an ounce of grated Gruyère.

Rice à la Milanaise. Proceed as directed for risotto, but add tomato sauce to the rice.

Rice à la Brévannaise. See pp. 141–142.

Diastased Rice (for dyspeptic and enteric patients). Pick over and wash seven ounces of rice. Put it into a saucepan with a pint of milk, a pinch of salt, three ounces of powdered sugar, and a teacup of water. Cook over very gentle heat, without stirring, for about two hours. (By the end of this time all the liquid should have been absorbed.) Turn the rice out into a bowl, and when it is cold mix with it an ounce of Camembert and the yolk of an egg. Butter a mould, pour the mixture into it, and bake it in a fairly quick oven for half an hour.

Rice à la Tartare with Onion. Chop up an onion, and brown it slightly in hot white oil or butter. Add two cups of

water, and stir well together; then strain off the liquid and put it in a pan. Add a cup of washed rice to it, and cook very gently without stirring.

Rice with Butter. Add a little butter to Creole rice just before serving it.

Rice with Black Butter. Cook the rice as directed for Creole rice. Heat some clarified butter in a small saucepan and cook it till it is browned. Add a handful of fine breadcrumbs, and let them brown in it. Pour over the rice before serving.

Rice with Sweetened Milk. Cook as for Creole rice, using half water, half milk, a pinch of salt, and, for every cup of rice, rather under three ounces of powdered sugar. Flavour with vanilla.

Rice with Cream. Just before serving add a teaspoonful of cream per person to Creole rice or rice cooked in sweetened milk.

Rice au Gratin. Cook seven ounces of Creole rice. Drain thoroughly, and mix an ounce of butter with it. Put a layer of rice in a pudding-dish and sprinkle grated Gruyère or the more digestible Parmesan over it. Continue these alternating layers till the dish is full. On the top layer of rice sprinkle cheese, tiny pieces of butter, and very fine breadcrumbs. Brown in a quick oven for about a quarter of an hour.

Second Method. Mix the rice with a Béchamel sauce. Put it in a pudding-dish, sprinkle with breadcrumbs that have been lightly coloured in butter, and brown in the oven.

Rice with Tomato Sauce. Add tomato sauce to salted Creole rice.

Rice with Poulette Sauce. Add *poulette* sauce to cooked salted Creole rice.

Rice with Béchamel Sauce. Add Béchamel sauce to cooked salted Creole rice.

Rice with Carrots. Put a tablespoon of white oil in a pan. When it is hot add four medium-sized sliced onions and one or two chopped carrots. Let them brown a little over good heat. Then add three teacups of boiling water, a bouquet of thyme, half a bay-leaf, and a sprig of parsley, a pinch of salt, and a teacup of well-washed rice. Bring to the boil, and after a few

moments reduce the heat, and, covering the pot, cook as gently as possible for from an hour and a half to two hours without stirring. (Wash the rice just before putting it in the pan.)

Rice with Brussels Sprouts. Cook some Creole rice, using equal quantities of plain water and water in which Brussels sprouts have been cooked. Drain the rice. Heat some butter or white oil in a pan, and add the rice and a number of cooked Brussels sprouts. Cook for a few minutes, shaking the pan to prevent the contents from sticking to it.

Rice with Cauliflower. This dish is cooked in the same way as the preceding one.

Rice with Leeks. Brown some chopped leeks in white oil. Add a little water, and finish cooking them. Mix them with cooked rice, and simmer for a few moments.

Rice with Mushrooms. Chop an onion very finely. Heat some butter in a pan, and add the onion and a number of prepared and chopped mushrooms. When they have browned a little add a cup of rice and two cups of water. Cook very gently till the rice is tender.

Rice Charlotte. See Pear and Rice Charlotte, p. 172.

Rice Pudding. See p. 132.

Rice Pudding with Currants. Add two ounces of washed and stoned currants to the rice pudding.

Rice Pudding with Chocolate. Dissolve a tablet of chocolate in a little milk and water. Add it to a rice pudding.

Rice Soufflé. See p. 136.

Rice cooked with 'Hubbard' Squash. Cook the rice with milk and sugar (p. 166). Make a *purée* of the squash. To a teacupful of cooked rice add two of the vegetable *purée*. Stir in a little butter, and serve hot. The yolks of two eggs and their stiffly beaten whites may be added to the mixture, which should then be poured into a buttered mould and baked in the oven, like a *soufflé*.

Rice Tart. For the pastry put seven ounces of flour on a board and make a hole in the middle of it. Mix a whole egg with a pinch of salt, two ounces of butter, compressed yeast the size of a cob-nut, and a small cup of lukewarm water. Pour the

mixture into the hole made in the flour. Knead well together, and then set the pastry aside in a warm place for an hour. Line with the pastry a tin the sides of which are at least an inch deep.

In the meantime cook a teacup of rice in milk. When it is cold mix with it the yolk of an egg and several crushed macaroons. Pour the mixture on to the pastry, and bake in the oven.

Rice Croquettes. Take a teacup of rice which has been cooked with sweetened milk (p. 166), and add to it a well-beaten egg and sufficient breadcrumbs to make a stiff mixture. (Béchamel sauce may be used instead of breadcrumbs.) Roll out, and divide into pieces. Shape these into croquettes. Dip lightly in flour, and fry in white oil on both sides. Or the rice can be mixed with a thick tomato sauce. In this case it must not be sweetened. Or cheese and chopped sautéed mushrooms can be mixed with it. Cool the mixture before shaping it.

Rice used in Soups. Rice in the proportion of half an ounce per head can be added to most vegetable soups.

Rice Pudding with Raisins. Overnight put a handful of stoneless raisins to soak in water, having pricked them with a fork. Mix them with a rice pudding, and bake in the oven.

Rice Pudding with Prunes. Cook some rice with sweetened milk (p. 166). Cook a number of prunes in water. Stone them, and put them through a sieve. Butter a mould and fill with alternate layers of rice and prune *purée*, finishing with one of rice. Sprinkle with small pieces of butter. Bake in the oven for half an hour. Pour the sweetened juice of the prunes over it, and stand in the oven for a few minutes.

Rice Pudding with Apricots. Proceed as directed in the above recipe, alternating layers of rice with stewed apricots.

Rice Pudding with Stewed Apples. Proceed as directed above.

Rice Pudding with Pears. Line the bottom of a mould with rice cooked in sweetened milk. Peel and cut a number of pears in pieces lengthwise. Cook them in a little sweetened and vanilla-flavoured water. This pudding should be eaten cold.

Rice à la Condé. Cook half a pound of rice in sweetened

milk. Add the yolk of an egg to it, mixing well. Make a border of it on the dish on which it is to be served. Spread it with apricot or plum *compôte*. Fill the centre with stewed apples, pears, or apricots. (Do not use dried fruit.) Heat in the oven.

BREAD

It should be remembered that wholemeal bread is very strong nourishment, suited only to robust people and manual workers. Arthritic and dyspeptic patients and persons of sedentary habit will find that it overworks the digestive system, clogs the blood and the articulations. The exclusive and long-continued use of brown bread may have the same effects.

Bread-making at Home. Into a big bowl put rather over a pound and a half of flour. Make a hole in the middle of it, and put in a small teaspoon of salt and finely crumbled compressed yeast (about the size of a cob-nut). Gradually mix two tumblers of lukewarm water with the flour, using a wooden spoon to work with. As soon as the liquid has been absorbed knead the dough with both hands for ten minutes. Make a big ball of the dough, and shape it into a loaf. Cover it with a linen cloth, and put it in a basket. Set it in a warm place overnight. In the morning flour a tin sheet and put the bread on it. Set it in a hot oven, and bake it, turning it round several times, for about three-quarters of an hour. Bread may be baked in a biscuit tin or a metal mould with a lid.

Or the dough may be prepared in the following way: Overnight mix seven ounces of flour with crushed compressed yeast the size of a filbert. The next day add the rest of the flour and knead all well together. Set it aside for three hours before putting the bread in the oven. Bread made in this way will rise more uniformly and be more digestible.

Wholemeal Bread. Much of the bread sold under the name of wholemeal does not actually contain whole-wheat flour. In order to make it more attractive to the eye and the tooth from 5 to 10 per cent. of the bran obtained by grinding is, as a rule, rejected. To be sure of getting the whole meal, unadulterated,

it is best to grind the wheat at home, using a large Peugeot mill (see footnote on p. 151), which should be screwed on the edge of a heavy table.

Begin by grinding the meal rather coarsely, then tighten the screw and put it through the mill a second time, when a fairly fine meal will be obtained. Wholemeal bread will require both more water and more yeast than other bread. It should be baked in a covered tin.

Take twenty-seven ounces of wholemeal flour, and with a wooden spoon mix it thoroughly with exactly twenty-one ounces of hot water in which you have dissolved a quarter of an ounce of salt and half an ounce of compressed yeast. Continue to stir with a spoon. (Do not knead with the hands.) Fill a buttered bread-tin two-thirds full with the dough. Cover it with a cloth, and leave it for twenty-four hours in a warm room. The next day put the cover on the tin and bake the bread for about an hour. (A big biscuit-tin can be used.)

This bread is improved by the addition of two ounces of melted butter.

Brown Bread. Proceed as directed for home-made bread, using wholemeal flour (80 per cent.). Or the bread may be made of a mixture of ordinary baker's flour and a quarter or a fifth of its weight of pure wholemeal flour which has been ground at home.

Rye Bread. Mix together eleven ounces of rye flour and twenty of wheat flour, and proceed as directed for brown bread. The ordinary bought white flour may be used, but the rye is best ground at home. This can be used whole or put through a sieve through which the bran will not pass.

Wheat and Rye Bread. This bread is made with equal quantities of wheat and rye flour.

Bread made with Butter. Add an ounce of butter to the ingredients used in making white or wholemeal bread.

Milk Bread. To the mixture for home-made white bread add a teaspoon of butter, and knead all together with half a glass of milk and one and a half glasses of water.

Raisin Bread. Prick three ounces of stoned raisins and let

them soak for twenty-four hours in water. Mix them with the dough of white, rye, or milk bread.

Squash Bread. See p. 194.

Long Rolls (Longuets). Mix together four heaped table-spoons of flour and two of lukewarm water, a dessertspoon of sweet olive oil, a teaspoon of salt, and yeast the size of a haricot bean. Divide into pieces, roll out, and form into long, baton-shaped rolls the thickness of a finger. Cover with a cloth, and set aside for several hours in a warm place. Bake in a quick oven for about thirty minutes.

Browned Breadcrumbs. Toast left-over pieces of bread, or dry and brown them lightly in the oven. Crush them on a board with a rolling-pin. Rub the crumbs through a sieve with a medium-sized mesh. Keep in glass-topped jars or in tins till required.

Pulled Bread. Dry and brown pieces of white or wholemeal bread in the oven. These can be used instead of rusks.

Pain Perdu. Cut six slices of stale bread about the thickness of a finger. Soak them in half milk, half water, to which a little sugar and orange-flower water have been added. When they have softened drain them and dip them into a lightly beaten egg. Put in the oven to brown on both sides, or fry them lightly in a little boiling white oil or butter. Sprinkle with sugar.

Golden Bread. Mix together two and a half ounces of fresh cream (or milk), five of water, three of sugar, a teaspoon of orange-flower water, and a scant ounce of flour. Cut about ten ounces of stale bread in slices. Soak them in the mixture; then fry them a golden brown in butter.

Golden Bread with Fruit. Put two pounds of cut-up fruit (cherries, plums, apricots, peaches, pears, or apples) in a fire-proof dish. Add four or five tablespoons of water. Sprinkle five ounces of sugar over the fruit, and completely cover it with slices of golden bread (see preceding recipe). Sprinkle with small pieces of butter. Bake in the oven for half an hour.

Apple Charlotte. Cut eight ounces of stale bread into finger-shaped pieces about a quarter of an inch thick. Brown them lightly on both sides in hot butter or white oil. When they

are cold line with them the sides and bottom of a mould which has been coated with caramel sugar. Fill the centre with a sweetened *purée* of apples, and cover it with a layer of fried bread. Put it in a quick oven for ten minutes. Turn out while hot. Three ounces of apricot jam may be mixed with the apples.

Pear and Rice Charlotte. Proceed as directed above, using instead of apples rice which has been cooked in sweetened milk and cooked sweetened pears which have been put through a sieve (in the proportion of one-third of rice to two-thirds of fruit).

Golden Bread Flan. Butter thin slices of bread, and cover the bottom of a fireproof dish with them. Boil up a pint of milk with three tablespoons of powdered sugar and a little vanilla or orange-flower water. Beat up two eggs, and very slowly add the milk to them. Pour the mixture gently over the bread, and put the dish in the oven for twenty minutes, by which time the pudding should be nicely browned.

Bread Pudding. See p. 132.

Bread and Cherry Pudding. See p. 132.

Bread and Apple Pudding. See pp. 132-133.

Meringued Bread Pudding made with Honey. Pour rather over three ounces of milk and two of boiling water over eleven ounces of breadcrumbs. Mix thoroughly together the yolks of three eggs, four ounces of honey, and one and a half ounces of butter. Add them to the breadcrumbs and milk. Bake in the oven in a shallow mould or on a buttered dish. Beat the whites till they are very stiff, spread them lightly on the pudding, sprinkle with sugar, and brown in the oven.

Britannia Pudding. Coat a mould with caramel sugar; then line the bottom of it with lightly buttered slices of bread. Spread them with a layer of jam (apricot, plum, cherry, or mirabelle). Fill the mould three-quarters full of alternating layers of bread and jam.

Make a custard as follows: Beat up two whole eggs. Pour over them, very slowly, a pint of sweetened boiling milk flavoured with vanilla. When cold pour this, a spoonful at a time, into

the mould. Set it aside for a quarter of an hour, pressing down the contents from time to time with a fork. Cover and cook in a *bain-marie*. Serve with a fruit sauce or with fresh cream. (Instead of jam currants or raisins may be sprinkled between the layers of bread, but the pudding will not be so light.)

Bread Soufflé. See p. 136.

Bread Sauce. See p. 113.

Steamed Bread and Cauliflower. Cook a cauliflower. Drain it, and break up the white part. Mix it well with an equal quantity of breadcrumbs that have been soaked in milk and water (half and half). Add the yolks of two eggs and the well-beaten whites. Pour into a buttered mould, and cook in a *bain-marie*. Serve with a white sauce.

7. LEGUMINOUS VEGETABLES

Leguminous vegetables (peas, green and broad beans, lentils) must be counted among the most substantial foods we have. They are best suited to manual labourers and to people who digest easily and well—and even they should not eat them too often. Anyone employed in sedentary work, or suffering from dyspepsia or arthritis, should rarely touch them, and only when they are fresh or mixed with other vegetables (vegetarian *ragoûts*, *purées*, etc.). Otherwise they may be the cause of gastrointestinal fermentation, congestion of the liver, headache, gout, rheumatism, hæmorrhoids, and arterial hyper-tension. Fresh, young green peas may be eaten by all. Older peas are too difficult for arthritic and dyspeptic patients to digest. Lentils are always more easily digested than haricot beans.

HARICOT BEANS

These beans must be put to soak overnight. Drain them, and put them in a pan with cold salted water; bring it to the boil, and simmer till they are tender. (Fresh beans and flageolets are put into salted *boiling* water.) Two hours at least should be allowed for cooking dried beans, etc. A sliced carrot, a bouquet composed

of a piece of parsley, one of thyme, and one of tarragon, and an onion stuck with a clove will, if cooked with the beans, add to their flavour.

Haricot Beans à la Maître d'Hôtel. Lightly brown a number of cooked haricot beans in a pan containing a little hot butter. Add chopped parsley before serving.

Haricot Beans with Cream. Brown the beans very lightly and quickly in hot butter. Just before serving them add a few spoonfuls of fresh cream. A little chopped chive may be sprinkled over them.

Haricot Beans with Béchamel Sauce. Pour a Béchamel sauce over the cooked beans.

Haricot Beans with Black Butter. Make a black butter sauce with parsley. Pour it over the cooked beans.

Haricot Beans with Matelote Sauce. Pour a *matelote* sauce over the cooked beans.

Haricot Beans with Tarragon White Sauce. Pour the sauce over the cooked beans.

Flageolet and French Beans. Cook a number of French beans or scarlet runners and add them to a quarter of their weight of cooked flageolets. Serve with a *maître d'hôtel* sauce.

Haricot Bean Salad. Make a salad of greenstuff and sliced potatoes which have been cooked in their skins. Add cooked haricot beans, and serve with a mayonnaise or *vinaigrette* sauce. Chopped chives may be sprinkled over a salad of beans only.

Haricot Beans and Nouilles au Gratin. Mix cooked haricot beans and *nouilles* in equal quantities. Stir white or tomato sauce into them. Sprinkle with fine breadcrumbs and small pieces of butter. Brown in the oven.

Purée of Haricot Beans and Potatoes. Cook a number of haricot beans till they are tender. Add a third of their weight of cooked potatoes. Put through a sieve. Add a little butter, and beat well together.

Purée of Haricot and French Beans or Scarlet Runners. Take two parts of cooked green beans to one of cooked haricot beans. Toss them in a little hot butter, and put them through a sieve.

Vegetable Galantine. See p. 178, but use haricot beans instead of lentils.

Vegetable Cassoulet. In winter this *cassoulet* is made of dried flageolets, which should be put to soak overnight. Sufficient should be cooked to fill a pint measure. In summer the fresh beans should be used.

Brown half a pound of forced mushrooms in a little white oil. Take them out, and, in the same oil, brown successively eighteen ounces of sliced carrots, half a pound of sliced turnip, two onions, and a pound of potatoes. (More hot oil will have to be added from time to time.)

Put all, with the exception of the potatoes, into a large iron pan. Add a bouquet composed of thyme, half a bay-leaf, parsley, tarragon, and a clove, a leek cut in slices, three tablespoons of the best black olives (stoned), a clove of finely chopped garlic, and a pint of water. Cook over very gentle heat, with the cover on, for about four hours, adding more water if required. Add the potatoes three-quarters of an hour before the end of the cooking. Serve hot. It is the black olives which will give this dish its characteristic flavour. Green ones should therefore not be used.

Baked Beans. Cook a pint of haricot beans in salted water, together with two medium-sized chopped onions, a bouquet of herbs, half a clove of garlic, or a shallot. When tender mix with the same quantity of breadcrumbs, which have been soaked in water and drained, adding twenty fine stoned and chopped black olives. Pour the mixture into a fireproof dish. Sprinkle with breadcrumbs and small pieces of butter. Brown in the oven.

Haricot Beans à la Bourguignonne. Brown some small onions in a little white oil. When they have coloured nicely sprinkle them with a little flour. Stir together for a few moments, without allowing the onions to colour further. Add haricot beans (the red variety for preference), a clove of garlic, a bouquet composed of thyme, parsley, half a bay-leaf, and tarragon, a tablespoonful of the best olives, stoned and chopped, sufficient water, and a glass of burnt red wine (p. 233). Cook gently for about

three hours. Mushrooms should not be included, for they will add too much nitrogen to a dish already very nourishing.

Haricot Beans à la Poitevine. Take an earthenware casserole and fill it not more than half full with haricot beans. Turn them out into a bowl, and pour boiling water over them. Take them out with a skimmer, and put them back in the casserole. Fill it up with water. Simmer for between three and four hours, adding a little more water from time to time as the first amount evaporates. At half time add a clove of garlic, an onion, and a bouquet made of a sprig of thyme and half a bay-leaf.

GREEN PEAS

Never use tinned or bottled peas. All the vitamins have gone out of them, and in all probability they have been chemically coloured.

Green Peas in the English Way. Cook the peas in salted boiling water. When they are tender drain them and put them into a dish. Add several small pieces of butter before serving.

Green Peas in the French Way. Put some white oil or butter in a saucepan. In it cook two small onions; then add a quart of fresh peas and a bouquet composed of small pieces of thyme and parsley and half a bay-leaf. Add half a glass of water. Cook very gently, adding more water if necessary.

Green Peas and Carrots in the Flemish Way. Slice half a pound of prepared carrots, and cook them very gently in a little butter in a closed pan, having added salt and a teaspoonful of sugar. When they are half cooked add a pint of shelled peas. Simmer, closely covered, until all are tender. Add fresh butter and more seasoning, if required, before serving.

Green Peas with Sugar. Cook the peas in the French way, adding a teaspoonful of powdered sugar to the water. Take out the onions before serving them.

Green Peas with Globe Artichokes. See Artichokes *à la Clamart* and *à la Provençale*, pp. 205-206.

Green Peas with Cream. Cook these in the French way. Add fresh cream just before serving.

Green Peas à la Bonne Femme. These are green peas cooked in the French way, to which the sliced heart of one long lettuce (or two round lettuces) has been added. As the lettuce is itself very watery, practically no further liquid need be added in cooking.

Green Peas with Turnips. See Turnips with Green Peas, p. 212.

Green Peas with a Purée of Potatoes. Use marrowfat peas in summer and dried broken peas in winter. Cook them, and put them through a sieve. Add an equal quantity of sieved boiled potatoes. Beat well together, and stir in a little fresh butter and seasoning.

Ragoût of Green Peas and other Vegetables. See under Potatoes, p. 186.

Green Peas with Mint. Cook the peas with a piece of mint in salted water. Remove the mint before serving, and add a little fresh butter.

LENTILS

Pick over the lentils carefully, for they often contain grit. Soak them overnight. Put them into a pan, cover them with cold water, and add a bouquet of thyme, half a bay-leaf, and a sprig of tarragon and a chopped carrot and onion. Cook till tender.

Lentils à la Maître d'Hôtel. Cook the lentils in water, drain them, then thoroughly dry them in a saucepan over a gentle heat, shaking them from time to time. Add fresh butter, and sprinkle them with finely chopped parsley.

Lentils with Onion. Cook the lentils in water; drain and dry them. Chop an onion finely, and slightly brown it in white oil. Add the lentils, and cook for a few minutes. For persons of delicate digestion the pieces of onion should be removed from the pan and the lentils turned over in the onion-flavoured oil.

Purée of Lentils and Potatoes. See *Purée* of Haricot Beans and Potatoes, p. 174.

Salad of Lentils. See Haricot Bean Salad, p. 174.

Croquettes of Lentils. Put through a sieve sufficient lentils which have been cooked with an onion to fill a large breakfast-cup. Chop a number of fine black stoned olives. Mix a heaped

tablespoon of them with the lentil *purée*, adding a tablespoon of sweet olive oil, a small teaspoon of chopped parsley, one of chopped tarragon, and sufficient fine breadcrumbs to make a stiff paste. Shape it into a number of balls, flattening each. Brown them on both sides in a frying-pan in which you have heated white oil or butter.

Baked Croquettes. Prepare the croquettes as directed in the preceding recipe, but bake them in the oven. Serve with tomato sauce. (See also Baked Beans, p. 175.)

Vegetable Galantine. Overnight cook separately three ounces of macaroni and four of lentils (with an onion and a bouquet of thyme, parsley, and half a bay-leaf).

Soak five ounces of breadcrumbs in water. Chop a hard-boiled egg and two tablespoons of stoned black olives. (If these olives are not procurable substitute one or two carrots, which may be cooked with the lentils.) Chop also a medium-sized onion, and let it brown lightly in hot butter. Add to it the lentils, macaroni, breadcrumbs (out of which the water has been pressed), the chopped hard-boiled egg, olives, a tablespoon of finely grated Gruyère, and a whole raw egg which has been beaten up in a bowl. Mix all well together. Butter the inside of a mould, and fill it with the mixture. Cover it with a piece of greased paper, and bake in a moderate oven for about two hours. If the galantine is to be eaten hot do not turn it out of the mould for twenty minutes. If it is to be eaten cold let it stay in the mould until the next day. (Dip the mould for a moment or two in hot water, and the contents will slip out easily.)

Lentils à la Mode. Chop up an onion and slice a pound of carrots. Heat some butter or white oil in a pan. Put in the vegetables, and let them brown lightly. Add a teacup of lentils which have been in soak all night, two tablespoons of stoned and chopped black olives, half a clove of garlic finely chopped, a clove, and a bouquet of thyme, parsley, tarragon, and half a bay-leaf. Cover with water, and cook very gently till the lentils are tender.

Lentils à la Poitevine. Follow the recipe for haricot beans cooked in this manner, p. 176.

BROAD BEANS

Use very young, freshly picked beans. Cook them in salted water. Drain them. Add butter and finely chopped parsley, and let them cook for a moment or two over a gentle heat. These beans can also be served with a white or Béchamel sauce, in a *ragoût*, with cream, or mixed with a *purée* of potatoes.

8. CHESTNUTS

Preparation of Chestnuts. Use a very sharp knife to remove the shells. Then put the chestnuts in the oven for five minutes. Take them out and rub them with a dry cloth. The rough inner skin will come off quite easily. Dried shelled chestnuts should be soaked in advance. They must be cooked for a long time, and the water changed once during the process.

Boiled Chestnuts. Put the unshelled chestnuts in a big saucepan of boiling water, adding salt and a sprig or two of tarragon, fresh or dried, for this herb adds a delicious flavour to the nuts. (It can be dried in summer for winter use, and put away in paper bags.) Boil for three-quarters of an hour. (A stick or two of celery may be substituted for the tarragon.)

Chestnuts can also be cooked without their shells. In this case less salt will be required.

Chestnuts Sautéd in Butter. Shell and skin the chestnuts and cook them as directed in salted water. Drain and dry them, and turn them over in a little hot butter.

Chestnuts with Onion. Chop an onion up into very small pieces. Brown it in butter or white oil. Add the chestnuts, and let them cook for a few minutes.

Chestnuts with Cream. Add a tablespoonful of fresh cream to every pound of boiled chestnuts.

Chestnuts with Brussels Sprouts. Make a *purée* of chestnuts (see below), and serve it surrounded with plain-boiled or sautéd Brussels sprouts.

Purée of Chestnuts. Skin and boil the chestnuts as directed.

Put them through a mincing-machine. Add a very little water, butter, and, to every pound of *purée*, a tablespoon of whipped cream.

Roasted Chestnuts. Slash the shell of each chestnut on one side only. Place them on a special roaster. Bake in the oven for about half an hour, or cook them over the grill, shaking them often to prevent them from burning.

Ragoût of Chestnuts. Put butter the size of a walnut in a pan. Let it melt slowly over a moderate heat. Slice finely four or five medium-sized onions and seven or eight carrots. Put them into the pan, and let them colour slowly. Then add a tumbler of hot water, a bouquet of parsley, thyme, and half a bay-leaf, several pieces of 'Hubbard' squash, and a number of shelled and prepared chestnuts. A little later add small peeled potatoes and salt. Simmer, well covered, for about two hours. Black olives, celeriac, or mushrooms can also be added, and will give a very savoury *ragoût*.

Chestnut Pudding. Take a pound and a quarter of shelled and skinned chestnuts. Cook them in unsalted water. Drain them. Put them through a coarse sieve, moistening them with a little water as you work. Mix the *purée* as lightly as possible with three ounces of powdered sugar and the whites of three eggs beaten to a stiff froth. (Do not stir the *purée*, but lift it up with a silver fork, turning it over till the various ingredients are thoroughly mixed.)

Line a mould with caramel sugar. Pour the chestnut mixture into it. Bake in the oven for half an hour. Make a custard with the yolks, and flavour it with vanilla. Serve hot, with the custard poured over it.

9. POTATOES

If possible, never buy or grow white-fleshed potatoes. They are not only apt to break up while cooking, but they are less nutritious than the yellow varieties.¹

¹ This is a counsel of perfection in England. Yellow-fleshed potatoes are common in France.—TRANSLATOR.

Browned or Baked Potatoes. Scrape or peel medium-sized potatoes. Boil them in salted water in an iron saucepan for from ten to fifteen minutes. Take them out and drain them. Put them in a pan, cover it, and finish cooking them in the oven. (This will take about three-quarters of an hour.) When the potatoes have browned on one side lift them with a knife and turn them over.

Potatoes cooked dry in this way are especially suited to dyspeptic and arthritic cases.

Steamed Potatoes. Lay the peeled potatoes in the upper half of a special steamer, and cook them over boiling water for an hour. Potatoes steamed in this way will have an especially good flavour, but they must not be salted during cooking. Cut them in half before serving, and sprinkle them with salt and a few drops of melted butter.

Potatoes should not be steamed in this way during a dry year, when their very compact growth requires to be softened by cooking in plenty of water.

When boiling potatoes for persons suffering from arthritis and dyspepsia it is as well to change the water once during cooking. This will diminish their chance of setting up any irritation in the digestive tracts.

Purée of Potatoes. This *purée* is very useful during convalescence, and is specially recommended after a long dry season. As a rule it is better to eat potatoes plain-boiled or baked. The processes of insalivation and mastication will make their own *purée*—a more digestible one.

Peel and cut up a pound of potatoes. Boil and drain them, and put them through a sieve or potato-masher. Add a little hot water, and beat them well. Serve as they are, or with the addition of a little butter or cream added after the *purée* has been taken from the fire.

Purée of Potatoes made with Milk. Moisten the potatoes with a little milk instead of water. This *purée* will, however, be less digestible than one prepared as directed above.

Purée of Potatoes with the Yolk of an Egg. Mix the yolk of an egg with a *purée* of potatoes. Beat well together.

Purée of Potatoes with Cheese au Gratin. Make a *purée* with water, as directed above. Add a little grated Gruyère or the more digestible Parmesan, and brown in a fireproof dish in the oven.

Or cut a number of cooked potatoes in slices. Fill a fireproof dish with them. Cover with Béchamel sauce, and sprinkle with fine breadcrumbs and grated cheese. Brown in the oven.

Potatoes boiled in their Skins. Wash and scrub a number of potatoes of equal size. Put them into boiling salted water. Cover them, and cook them very gently for three-quarters of an hour. Serve as they are, or with butter.

Potatoes baked in their Skins. Wash and scrub a number of potatoes of equalsize. Dry them well. Put them on a tin, and bake in the oven. They should be turned once and carefully watched. Take them out as soon as they are cooked, or they will harden.

Plain-boiled Potatoes. Peel a number of potatoes and cook them in salted boiling water. Prick them with a fork to see if they are tender all through. Pour off the water. Cover the saucepan, and, in order to dry the potatoes, let it stand where it will keep hot for a few minutes. Serve with a little butter.

Potatoes cooked with Onions. Chop an onion into very small pieces. Brown them in white oil or butter. Add the potatoes and sufficient boiling water to cover them. Cook till tender. Drain well. Serve the potatoes freed of the onion, which will have done its work by colouring them and giving them a pleasant flavour.

Potatoes served with Sauces. Plain-boiled sliced potatoes can be served with any of the following sauces: *maître d'hôtel*, white, Béchamel, *poulette*, *mousseline*, tomato, mayonnaise, *matelote*, Béarnaise, mustard, tarragon, caper, bread, etc.

Potato Cake (Pommes Anna). Cut uncooked potatoes crosswise into very thin slices. Wash and dry them. Take a very strong earthenware, copper, or aluminium mould, butter the sides of it, and arrange the pieces of potato in rings, letting each piece lap over the next. Pour a little melted butter between each layer and sprinkle with salt. When the mould is full cover it closely. Bake in a moderate oven for half an hour. Turn the

mould over, and bake for another half-hour. Turn out the potatoes when ready. They should be in compact form, like a cake.

Potatoes à la Voisin. Prepare the potatoes as directed above, sprinkling grated Gruyère between the layers.

Potatoes à la Brévannaise. Take twelve large potatoes. Peel, wash, and cut them into dice. Put them into a thick sauce-pan containing a gill of water and a little salt. Cover the pot, and cook very gently. When the potatoes are ready put them through a fine sieve. Put the *purée* back into the dried saucepan, and add half a pint of milk with which the yolk of an egg has been mixed. Beat the *purée* steadily as you pour in the milk. Stir in an ounce of grated Parmesan and two tablespoons of powdered sugar.

Pour the mixture into a buttered mould or *soufflé*-dish. Bake in a moderate oven for from half to three-quarters of an hour. Serve either hot or cold.

Diastased Potatoes (for dyspeptic and enteric patients). Proceed as directed for Diastased Rice à la Brévannaise, p. 141.

Potato Omelette. See Omelette with Potatoes, p. 120.

Potato Omelette without Eggs. Cut up two leeks and two pounds of potatoes, salt them, and cook them in a little water. When ready take out the vegetables and lay them on a sieve to drain. Put them through a sieve into a dry bowl. Put a tablespoon of white oil in a frying-pan, and when it is very hot pour in the *purée*. Level the surface with a knife, and brown the under side of the omelette over a very gentle heat. Lay a plate over the pan and turn out the omelette. Slip it back again into the pan (in which you have heated fresh oil), the unbrowned side underneath. Brown this side, and serve at once.

Potatoes with Milk. Cut a number of peeled potatoes into small pieces. Put them in a pan with half milk, half water, a little salt, and a little nutmeg. When they are cooked stir in the yolk of an egg, and serve at once.

Or cut the peeled potatoes in slices and brown them in butter, turning them once. Sprinkle them with a spoonful of sifted flour, and continue cooking them gently for a few minutes. Add a little milk and water and a pinch of salt. Simmer for half an

hour. Shake the pan occasionally to prevent the potatoes from sticking to it, but do not stir them any more than is necessary. The yolk of an egg can be added just before serving.

Sautéd Potatoes. Boil the potatoes in their skins. Let them cool, then peel them and cut them in slices. Brown them in hot butter or white oil. Sprinkle them with finely chopped parsley. Potatoes cooked in their jackets will absorb less grease than those that have been peeled and boiled or sautéd when uncooked.

New Potatoes Château. Wash, scrape, and wipe a number of small new potatoes. Heat some white oil or butter in a pan. Add the potatoes, and cook them till they have browned on both sides, shaking the pan occasionally to prevent them from sticking. Sprinkle with salt before turning the potatoes.

Potatoes à la Lyonnaise. Chop an onion very finely. Brown it in butter or oil. Cook a number of potatoes in their jackets. When they have cooled peel and slice them. Add them to the onion, and brown them on both sides, having added salt. Serve directly they are nicely coloured, for they must not be allowed to stand and get hard.

Potatoes à la Parisienne. Cut a large onion into small pieces and brown it in oil or butter. Add a pint of water, a number of potatoes that have been cut in dice, a bouquet composed of thyme, half a bay-leaf, and tarragon, and a little salt. Cook over very gentle heat. (A little flour may be added to the butter, but it will make the dish less digestible.)

Potatoes à la Polonaise. Cook the potatoes in their skins. When they are cold peel and slice them. Reheat them in caper or gherkin sauce.

Potatoes à la Normandie. This dish is made of cooked potatoes cut into dice and reheated in a white sauce to which a wine-glass of fresh cream has been added.

Potatoes à la Provençale. These are sliced potatoes sautéd in olive oil, together with a little chopped tarragon, chives, and garlic, and sprinkled with a pinch of grated nutmeg. A strong digestion will tolerate the addition of a chopped shallot and a dash of vinegar.

Potatoes à la Viennoise. Put the unpeeled potatoes in a

saucepan, together with a large onion cut in four pieces, a bouquet (thyme, parsley, and half a bay-leaf), one or two cloves, and sufficient cold water to cover all. When the potatoes are done take them out; drain and peel them. Serve them with a white sauce to which capers have been added.

Potatoes à la Créole. Make a *purée* of potatoes and add butter and sugar. Cut a number of very small dice out of stale bread. Sprinkle them with powdered sugar, and glaze them in the oven. Arrange these over the *purée*.

Limousine Potatoes. Cook equal quantities of peeled chestnuts and potatoes. Drain well, and put through a sieve. Serve the *purée* as it is, or with the addition of a little fresh butter.

Purée of Potatoes with Haricot Beans. See p. 174.

Purée of Potatoes with Lentils. See *Purée of Haricot Beans and Potatoes*, p. 177.

Purée of Potatoes with Peas. See p. 177.

Potatoes à la Bonne Femme. Peel a number of potatoes and cut them up in dice-shaped pieces. Cook them in water with two medium-sized onions and a bouquet of parsley, thyme, half a bay-leaf, and tarragon. Ten minutes before serving drain off the water. Add a little butter. Stir very gently till it has melted. Take out the bouquet, and serve.

These potatoes may also be cooked in butter with which from three to five dessertspoons of flour have been mixed. Add onions, herbs, and sufficient hot water to make the sauce.

Potatoes à la Dauphine or à la Richelieu. Make a paste in the following way: Put seven ounces of water in a big, solid saucepan, adding two ounces of butter, a tablespoon of powdered sugar, a teaspoon of orange-flower water, and a big pinch of salt. When the water is boiling fast throw in, all at once, four ounces of sifted flour.

Stir over a very gentle heat until the paste begins to detach itself from the sides of the saucepan. Take the pan off the fire and stir in three eggs, one at a time, stirring vigorously with a wooden spoon. Have ready a pound of potatoes which have been cooked in water and put through a sieve. Add this *purée* gradually to the contents of the saucepan, and beat all together

till you have a very smooth paste. Take out a heaped teaspoonful at a time, and throw into fairly hot oil. When the under side of each ball has coloured turn with a skimmer and let the other side brown. Remove them from the fat, and let them drain.

Or the potato balls may be baked in the oven on a greased tin. This method will make them more digestible. Turn them over when they have browned on top.

Fried Potatoes. Cut the potatoes into long strips or slices. Wash them in cold water, dry them, and throw them into very hot, but not boiling, oil. Fry for about ten minutes, stirring them gently, to keep the pieces separate. Drain, salt, and serve at once.

Soufflé Potatoes. Peel and carefully wipe a number of waxy potatoes (the so-called 'Dutch' variety if obtainable). Cut them lengthwise into slices the thickness of a penny piece. Wash them in cold water and dry them. Throw them into fairly hot oil, and let them cook without colouring. As they float to the surface take them out with a skimmer and drain them. Reheat the oil to boiling-point. Put the potatoes into it, keeping them apart as much as possible with the help of a skimmer, and, if necessary, holding them under the oil until they begin to swell. (They should do this in a few minutes.) Take them out, drain, salt, and serve at once.

Plenty of oil must be used, and for the second frying a few slices only should be put into the pan at a time.

Ragoût of Potatoes. Put butter the size of a walnut and a little white oil in a saucepan. Then add three or four whole medium-sized peeled onions, several little new carrots, and a small turnip. (If new carrots cannot be obtained prepare and slice older ones.) Brown them slightly. Add a number of small potatoes, half a pint of water, half a bay-leaf, thyme, tarragon, and parsley, and salt. Cover the pan, and simmer for two hours. (Do not add any flour, or the *ragoût* will be less digestible.)

According to the season of the year green peas, broad beans, asparagus-tips, French beans or scarlet runners, fresh flageolets, cauliflower, kohlrabi, or mushrooms may be added to the *ragoût*.

In winter lentils, Brussels sprouts, celeriac, black olives, chestnuts, and 'Hubbard' squash can be used.

Potatoes au Gratin à la Dauphinoise. Slice two pounds of cooked peeled potatoes. Butter a fireproof dish. Mix well together half a pint of boiling water, the same quantity of milk (or a gill of cream and three gills of boiling water), three or four ounces of grated Gruyère or Parmesan, and an ounce and a half of a butter. Arrange a layer of sliced potatoes in the dish, and pour a little of the sauce over it. Fill the dish with alternating layers of potato and sauce, and bake in a moderate oven for about three-quarters of an hour.

Purée of Potatoes with Eggs au Gratin. To two pounds of potato *purée* add the yolk of an egg and the stiffly beaten white. Fill a buttered fireproof dish with the mixture, sprinkle a few pieces of butter on the top, and bake for about half an hour in a moderate oven.

Potato Soufflé. See p. 136.

Potato Gnocchi. See p. 131.

Potato Croquettes. See pp. 123-124.

Potatoes Duchesse. See p. 124.

Potato Fritters. Potato fritters can be made by following the directions given for Potatoes à la Richelieu.

Potato Pancakes. Put a pound of plain-boiled potatoes through a sieve. Add four tablespoons of sifted flour, salt, and a whole egg. Melt an ounce of butter, and stir it into the *purée*, together with five ounces of water and three of milk. Stir well until you have a smooth thick batter. Put a tablespoon of white oil into a frying-pan. When it is hot drop in a tablespoon of the batter. Let it spread and brown underneath, shaking the pan frequently. Turn over and brown on the other side, first adding, if necessary, a little more hot oil.

Another Method. Grate a pound of raw potatoes. Add the water which has come out of them, two tablespoons of fine breadcrumbs that have been soaked in milk, and a whole egg.

Potatoes in Pastry. Make some pastry with half a pound of flour, a whole egg, an ounce and a half of butter, a pinch of salt, and half a glass of water. Knead well together, and set aside for

two hours. Roll out till the paste is very thin. Divide it in half. Butter a dish, and line it with one section of pastry. Slice about seven medium-sized potatoes very thinly. Arrange them, a layer at a time, on the pastry, sprinkling each layer with cream (using four ounces in all). Cover the pie with the rest of the pastry, and bake in a moderate oven for an hour.

Potato Quenelles. Melt an ounce and a half of butter in a pan, add four tablespoons of fine breadcrumbs, a whole egg, half a pound of cooked potatoes which have been put through a sieve, salt, and a little finely chopped parsley and onion. When all are well mixed form the paste into small *quenelles*, and cook them for three minutes in boiling water.

It is advisable to try out one of the *quenelles* before putting them all in the boiling water. If it is too hard at the end of three minutes add a little water to the mixture. If, on the other hand, it is too soft add a little flour.

These *quenelles* can be used in *vol-au-vent*, or in sauces, or merely to garnish some dish.

Potatoes Mirette. Boil a number of potatoes, peel them, and cut them into dice. Heat a little white oil or butter in a pan. Put in the dice and turn them over in it. Then place them in a fireproof dish in which you have put three tablespoons of water and let them brown in the oven.

Poor Man's Croquettes. Put a pound of plain-boiled potatoes through a sieve, and mix with them a tablespoon of flour, one of breadcrumbs, and sufficient hot water to make a thick paste. Divide into croquettes about the size of an egg. Roll them in flour and cook them in boiling water. (They will float to the surface when they are done.) Serve with Béchamel or tomato sauce.

Potatoes with Black Olives au Gratin. Take two pounds of potatoes and cook them in their jackets in water. Peel them and put them through a sieve. Add to the *purée* half a glass of water, the yolk of an egg, two ounces of grated Gruyère, fifteen finely chopped and stoned black olives, a pinch of salt, and the stiffly beaten white. Mix well together. Butter a mould, sprinkle the bottom and sides with fine browned breadcrumbs, and fill it

with the *purée*. Bake in the oven for half an hour. Turn out, and serve at once.

Potatoes with Mushrooms. See p. 156.

Potatoes with Macaroni. In a buttered fireproof dish arrange alternate layers of sliced cooked potatoes, grated Gruyère, and cooked macaroni. Finish with a layer of potatoes. Cover with Béchamel, white, or tomato sauce, and brown in the oven.

Potatoes à la Barigoule. Lightly brown several small onions and a number of small potatoes in a little white oil. Add a bouquet composed of thyme, parsley, tarragon, and half a bay-leaf and several blanched artichoke-bottoms cut in quarters. Add half a pint of water. Put on the lid, and cook very gently for half an hour.

Potatoes with Asparagus-tips. Cook a number of new potatoes. Drain, and brown them in a little butter. Just before they are ready to serve add a number of cooked and chopped asparagus-tips.

Potatoes with Carrots and Leeks. Prepare equal quantities of these three vegetables. Cut them up into small pieces. Cook them for an hour and a half in water, with the lid on. Serve as they are or with a little butter.

Potatoes with Sauerkraut. Thoroughly wash some sauerkraut in tepid water, then cook it in salted water for two hours. Half an hour before serving add potatoes which have been peeled and cut into large dice. Drain, and reheat in a little butter, or add butter at the table.

Potatoes with Cabbage. Chop equal quantities of cooked potatoes and cabbage. Brown them lightly in a little butter or white oil.

Potatoes with Spinach. Chop some cooked spinach and add it to a *purée* of potatoes in the proportion of one part of spinach to two of potato. Put the mixture into a buttered fireproof dish. Sprinkle with browned breadcrumbs and a little butter. Brown in the oven.

Potato Salad. Cook the potatoes in water. Peel and cut them in slices. Make a dressing of oil, vinegar, salt, a little pepper or

grated nutmeg, and two tablespoons of water. A little chopped chive and tarragon may be added, except in cases of dyspepsia.

Potato and Dandelion Salad. Add to a potato salad a handful of tender dandelion leaves which have been cut in pieces about two inches long.

Raw Potatoes. See *Hors d'œuvre*, pp. 223-226.

Potato Soups. See Soups, pp. 144-145.

10. VEGETABLE FRUITS

Under the heading of vegetable fruits we include egg-plants, tomatoes, cucumbers, gherkins, marrows (including the small varieties known in France as *courgettes*), various kinds of squash, and chestnuts. With the exception of the floury squashes and chestnuts these vegetables have little to recommend them.

EGG-PLANTS AND TOMATOES

These vegetable fruits belong to the order Solanaceæ. They are unwholesome, irritant, and acidifying. Plain-boiled they are neither very nourishing nor very attractive. To make them pleasing they must be stuffed, and this gives an excuse for filling them with other things which are indigestible in themselves or in mixture, such as shallots, garlic, onions, hard-boiled eggs, mushrooms, etc. The preparation of these stuffings entails a good deal of work, which, in this case, is a needless waste of time. We have therefore practically omitted these vegetables from the recipes in this book, and strongly advise that they should not be used at all, or on very rare occasions only.

Sautéd Egg-plants. Cut the egg-plants in half lengthwise. Brown them lightly in a little hot white oil or butter. Salt them, cover the pan, and let them cook very gently in their own juice till they are tender.

Egg-plants au Gratin. Brown the halved egg-plants as directed above. Transfer them to a fireproof dish, and sprinkle them with browned breadcrumbs and small pieces of butter. Or cover them with white sauce. Brown in the oven.

Tomato Sauce. See pp. 114-115.

Uncooked Tomatoes in a Salad, or as an Hors d'œuvre. Put the tomatoes for a few moments into boiling water. Take them out and rub off their skins. Cut them in slices, and serve them with a *vinaigrette* sauce.

CUCUMBERS

This vegetable is not very wholesome, either cooked or uncooked. It can be cooked in salted water, together with a bouquet, and served with a cream sauce, or eaten uncooked as an *hors d'œuvre*. But it is better to get vitamins and mineral salts from other kinds of vegetables. (See *Hors d'œuvre*.)

SMALL VEGETABLE MARROWS (COURGETTES¹)

The best variety of this delicate vegetable for general cultivation is the *courge italienne non coureuse*. The little marrows should be picked when they are very young and their skins still tender and when they are about the length of a hand. Do not peel them, but cut them crosswise in slices and put them into boiling water. They will be ready in five minutes. Drain them, and serve them with a little butter, with a white or cream sauce, or mixed with sautéed potatoes and French beans.

Or the slices may be put in a fireproof dish, sprinkled with white oil and grated Gruyère, and browned in the oven. *Courgettes* are excellent sliced, but not peeled, and sautéed in a little white oil.

Courgettes stuffed with Rice. Cut the marrows in half lengthwise. Cook them in salted water as directed, and then lay them, flat side downward, on a clean cloth. Leave them for a little while to drain. Then with a pointed silver spoon remove the fleshy part (leaving the skins intact), and mix it with a *pilaf* of rice made with onion and a little grated Gruyère. Fill the skins with the mixture, put them in a lightly buttered or oiled fireproof dish, and brown them in the oven.

¹ See p. 5.

PUMPKINS AND SQUASHES IN VARIETY

These large, watery, and insipid vegetables have little value, but they can be used in making soups. They should not be mixed with milk, or any soup made with them will be very heavy for the stomach. Cream, butter, vermicelli, small Italian pastes, rice, or *croûtons* of fried or toasted bread can be added.

Sweet Floury Squashes. These squashes (such as the 'Hubbard' squash, so much used in America, but rarely to be found on the market here, and the variety named 'Corfu,' or 'poor man's bread') provide excellent food. They are nourishing, naturally sweet, contain mineral salts, and are as floury as potatoes. They should be used occasionally to break the monotony of the limited winter supplies of vegetables, such as cabbages, carrots, and leeks.

Purée of Squash or Vegetable Marrow. Peel a squash and cut it into pieces. Cook it in salted boiling water. Drain it, and put it through a sieve. Serve it as it is, or with the addition of a little fresh cream or butter.

Ragoût of Squash or Vegetable Marrow and other Vegetables. See *Ragoût* of Chestnuts (p. 180), but increase the quantity of squash or marrow.

Squash with Chestnuts. Cook some squash and a number of shelled and peeled chestnuts (p. 179) separately. Mix them together with a white sauce.

Squash with Potatoes. Prepare as directed in the preceding recipe, substituting potatoes for chestnuts.

Sautéd Marrow or Squash. Cut the vegetable in thin slices, and brown it lightly in a pan containing a little hot oil or butter. Serve it as it is, or use it to decorate a dish of spinach or of chopped Swiss chard, or mix it with rice or *nouilles*.

Vegetable Marrow or Squash au Gratin with Potatoes. Mix together, in equal quantities, a *purée* of potatoes and one of squash. Pour into a fireproof dish, sprinkle with fine bread-crumbs and small pieces of butter, and brown in the oven.

Squash or Vegetable Marrow cooked with Gruyère. Add rather over an ounce of grated Gruyère to a *purée* of squash.

Fill a fireproof dish with it. Sprinkle with breadcrumbs and small pieces of butter, and brown in the oven.

Squash or Marrow with Spinach. Cook the two vegetables separately. Put the squash through a sieve and the spinach through a mincing-machine. Mix together in the proportion of one part of spinach to two of squash. Add butter, and heat well. Decorate the dish with sippets of fried bread and small pieces of butter. Or brown in the oven.

Squash with Carrots. Mix well together one part of *purée* of carrots with two of *purée* of squash. Pour into a buttered fireproof dish and cover with white sauce. Sprinkle with breadcrumbs and small pieces of butter, and brown in the oven.

Squash with Rice. Mix a *purée* of squash with a third its weight of rice that has been cooked in vanilla-flavoured milk and slightly sweetened. Put the mixture in a fireproof dish and sprinkle it with breadcrumbs and small pieces of butter. Brown in the oven.

Squash with Potatoes and Cauliflower. Mix a *purée* of squash with a quarter of its weight of potato *purée* and the same amount of cooked cauliflower. Cover with a white sauce, or sprinkle with breadcrumbs and tiny pieces of butter, and brown in the oven.

Squash and Indian Corn Flour Pudding. Boil rather over a pound and a half of coarsely chopped 'Hubbard' squash in sufficient water to cover it. As soon as it is cooked take it out, drain it, and put it through a sieve (without any water). Boil up twenty ounces of water with twelve ounces of milk, two pinches of salt, and three and a half ounces of sugar. Sprinkle into this six ounces of Indian corn meal. When the mixture thickens add the *purée* of squash. Pour all into a mould lined with caramel sugar, and cook in the oven for about twenty minutes.

Squash or Marrow à la Brévannaise. Proceed as for Potatoes à la Brévannaise, p. 183.

Squash or Marrow à la Richelieu. Proceed as for Potatoes à la Richelieu, pp. 185-186.

Squash Fritters. Peel a 'Hubbard' squash. Grate the flesh of a pound of it. Mix thoroughly with a whole egg, three heaped

tablespoons of fine breadcrumbs, a little salt, an ounce and a half of powdered sugar, an ounce of butter, and a tablespoon of flour. Drop by spoonfuls into plenty of hot oil. Or the fritters can be placed on a buttered tin and baked in the oven.

These fritters can also be made in the way directed for Potatoes *à la Richelieu*, pp. 185-186.

'Hubbard' Squash in Pastry. Proceed as for Potatoes in Pastry, pp. 187-188.

Squash Pancakes. Proceed as directed for Potato Pancakes, p. 187.

Squash Cake. Cook rather over a pound and a half of 'Hubbard' squash in a large glass of milk diluted with the same quantity of water. Cover the pan closely. As soon as the vegetable is tender drain it and put it through a sieve, setting aside the liquid in which it boiled for use as stock.

Mix four ounces of flour with half a pint of hot water, three and a half ounces of sugar, and an ounce and a half of melted butter. Add this to the *purée*, and cook the mixture very gently, stirring continually, until you get a very thick paste which adheres to the spoon. Take off the fire, and let the mixture cool. Then add two yolks of eggs and their stiffly beaten whites. Pour into a mould lined with caramel sugar (p. 234), and bake in a slow oven for about twenty minutes.

'Hubbard' Squash Tart with Almonds. Prepare the squash as directed in the preceding recipe, but use less of it. Add an ounce and a half of peeled chopped almonds. Line a tart-tin with pastry. Pour in the mixture, and bake in a slow oven for about twenty minutes.

Squash Soufflé. Proceed as for Potato Soufflé, p. 136.

Squash Bread. Cook ten ounces of 'Hubbard' squash in boiling water. Drain it, and put it through a sieve. Mix nineteen ounces of flour with the *purée*, and gradually work in three and a half ounces of sugar, a little salt, a pinch of dry yeast (an eighth of an ounce), and three ounces of melted butter. Proceed as directed for ordinary home-made bread (p. 169). This squash bread is very good.

11. GREEN VEGETABLES AND ROOTS

SPINACH

General Directions. Cut off all the stalks. Pick over the leaves carefully, with an eye for tiny snails or slugs, rejecting all that are coarse or discoloured. Wash the spinach in several waters. Cook it in plenty of boiling water. If the leaves are inclined to be bitter, as they are when they are old or at the end of a long dry season, blanch them—*i.e.*, cook them first for a few minutes in boiling water, then take them out, drain them, and put them back again into fresh fast-boiling water. Strong-flavoured, bitter spinach may, by its excess of mineral salts, cause intestinal or urinary irritation, rheumatism, and gout. When the leaves are cooked drain them, and put them through a mincing-machine, or, better, chop them by hand. They can then be prepared in any of the following ways. *Never buy tinned or preserved spinach.*

Spinach and Potato Purée. Chopped spinach can be mixed with a few tablespoons of *purée* of potato made without either milk or butter and a little water. This dish is suited to dyspeptics who cannot tolerate either milk or butter.

Spinach with Butter. Put cooked and chopped spinach back into the pan with a little butter and allow it to simmer very gently for a few minutes.

Spinach with Potato Purée au Gratin. Add a third of its weight of *purée* of potato to the spinach. Sprinkle with fine breadcrumbs and tiny pieces of butter. Brown in the oven.

Spinach with Vegetable Marrow. See p. 193.

Spinach with White Sauce. Serve the cooked, chopped spinach with a white sauce.

Spinach with Croûtons. Serve cooked chopped spinach, with or without butter, decorated with a number of small pieces of bread which have been browned in hot white oil or butter.

Spinach with Cheese au Gratin. Put the cooked and chopped spinach in a lightly buttered fireproof dish. Sprinkle

it with grated Gruyère, or with the more easily digested Parmesan. Then pour over it some white sauce and add a further sprinkling of cheese. Brown in the oven.

Spinach with Sugar. Mix a very little sugar with the cooked and chopped spinach. Butter may also be added.

Spinach with Cream. Add fresh cream to the cooked spinach just before serving.

Spinach en Branches. Choose very young, tender leaves. Cook for five minutes in sufficient water to cover them, having added a few tablespoons of milk. Take them out and drain them. Heat a little butter in a pan, add the spinach, and serve it as soon as it is very hot.

Spinach Pancakes. Mix cooked chopped spinach with its weight in pancake batter. Fry in a pan in butter.

Spinach Loaf. Make a sauce with a tablespoon and a half of flour, an ounce of butter, half a pint of water, and the same quantity of milk, adding a pinch of salt. Cook it for several minutes, then turn it into a bowl and let it cool. Add to it one pound of cooked and finely chopped spinach, the yolks of two eggs, and, at the last moment, the stiffly beaten whites. Butter a mould and sprinkle the sides of it with breadcrumbs. Pour the mixture into it and cover it. Cook in a *bain-marie* for an hour and a half, or in the oven for half an hour. Turn out, and serve with a white sauce.

Spinach Soufflé. Take half a pound of cooked and finely chopped spinach and add to it the yolk of an egg, an ounce of grated Gruyère, and the whites of two eggs beaten to a stiff froth. Mix lightly together, pour into a buttered *soufflé*-dish, and bake in the oven.

Spinach with Hard-boiled Eggs. Arrange slices of hard-boiled eggs on a dish of cooked and chopped spinach which has been simmered for a few minutes with a little butter.

Spinach with Poached Eggs. Cook and chop the spinach. Let it simmer for a few minutes in a little butter. Pour into a fireproof dish. Poach a number of eggs, and place them on top of the spinach. Cover them with a white sauce, and sprinkle it with grated Gruyère or Parmesan. Brown in the oven.

Tetragon. This excellent summer spinach can be prepared in the same way as the winter variety.

Good King Henry or Perennial Goosefoot. This also is a good summer variety of spinach.

Aroche. Summer variety of spinach.

COOKED SALADS

Long and round lettuces, curly endive, batavia, wild and cultivated chicory, can be cooked in the same way as spinach.

Braised Lettuce. Choose six small lettuces. Remove the coarse outer leaves. Wash the rest very carefully. Put them into boiling water for five minutes. Take them out, and pour cold water over them. Put them on a sieve to drain, and press them down with the fingers, to squeeze out as much water as possible. (Tie the lettuces up if you wish them to retain their shape.)

Put the lettuces in a saucepan containing a tablespoon of hot white oil or butter, two or three small peeled onions, and the same number of carrots (whole if very small, or sliced if larger). Add a pinch of salt and a bouquet of parsley, thyme, and half a bay-leaf. Cover, and cook very slowly for an hour and a half.

Lettuces braised with Butter. Cook the lettuces as directed above, omitting the carrots and onions.

Lettuces with Green Peas. Cook the lettuces as directed for Green Peas *à la Bonne Femme* (p. 177), but use more lettuce than peas.

Beetroot Leaves. The young green leaves of beetroot can be cooked in the same way as spinach.

Aroche (Mountain Spinach). Another good summer spinach, cooked in the same way.

Wild and Cultivated Chicory (*Barbe de Capucin*). Chicory is excellent in spring. Cook it as you would spinach (except the recipes for spinach with sugar and *en branches*).

Endive. Cook as you do spinach, chopping it finely.

Dandelion Leaves. These make an excellent spring vegetable. Cook them as you would spinach. Chop them finely.

Salsify and Scorzonera Leaves. These are prepared in the same way as other cooked salads.

Hops. The young growths of hop vines can be cooked like asparagus in salted boiling water. When drained, butter or cream is added. They are served with poached eggs or small dice of fried bread.

Nettles. The young spring growths may be boiled, chopped, and mixed with a little butter.

Sorrel. This acid vegetable should be avoided altogether.

Patience Dock. This vegetable is very acid, and should never be eaten.

WHITE CHICORY OR WITLOOF

This vegetable, blanched in cellars, has little food value, since it contains very few mineral salts. It should never be eaten uncooked (in salads), and but rarely cooked.

Braised Chicory. See Braised Lettuce, p. 197.

Chicory cooked in Butter. See Lettuces braised with butter, p. 197.

Chicory browned in Butter or Oil. Wash the heads thoroughly and blanch them for a few moments in boiling water. Take them out and drain them. Heat a little white oil or butter in a pan and lay in the chicory—one layer only. Let it brown nicely on one side, then turn it over to brown on the other. Salt, and serve very hot.

Chicory can also be served with a white, Béchamel, tarragon, or *poulette* sauce.

Chicory au Gratin. Blanch the chicory, drain it, and put it in a buttered fireproof dish. Cover it with a white sauce, sprinkle it with grated Gruyère and fine breadcrumbs, and bake in the oven.

CABBAGES (SAVOY, RED, DRUMHEAD, SUGARLOAF, ETC.)

Boiled Cabbage. Cut off the stumps and discard any discoloured leaves. Cut the cabbages in quarters; examine them carefully for insects; wash and drain them. Boil in plenty of salted water. Drain again, and serve with boiled potatoes, without the addition of any sauce.

Cabbage with Potatoes, Carrots, Onions, and Leeks. Cook the cabbage in salted water with several carrots and potatoes, three leeks, and two onions. Serve all thoroughly well drained, or mixed with a little butter or cream. The vegetables may also be coarsely chopped and lightly sautéd in butter.

Cabbage à la Maître d'Hôtel. Cook the cabbage in salted water; drain it thoroughly. Chop it coarsely, and add a little melted butter and very finely chopped parsley.

Cabbage with Cream. Cook the cabbage in water. Drain, and chop it coarsely. Heat a little butter in a pan and turn the cabbage over in it for a few moments. Add a spoonful or two of fresh cream just before serving.

Braised Cabbage. Line the bottom of a pan with small carrots and slices of onions. Brown them very lightly in butter or white oil. Add a bouquet composed of half a bay-leaf, parsley, and thyme and half a clove. Boil the cabbage separately for ten minutes, and drain it well. Put it in the pan with the other vegetables. Moisten with a little hot water. Cover, and simmer very gently for an hour.

Sautéd Cabbage. Boiled chopped cabbage may be sautéd in a little butter or white oil. It may first be mixed with chopped cooked potatoes, carrots, leeks, and a little onion. (The onion may be omitted.) All these vegetables must be thoroughly drained before they are sautéd.

Cabbage au Gratin. For this dish use cabbage only or a mixture of vegetables as directed for sautéd cabbage. Put them in a fireproof dish, cover them with a white sauce, and sprinkle them with breadcrumbs, grated cheese, and a few tiny pieces of butter. Brown in the oven.

Cooked or Uncooked Cabbage in Salads. Cook the cabbage, drain it thoroughly, and use it, either hot or cold, with a dressing as a salad. If the cabbage is to be eaten raw discard the outer leaves, cut off the stump, and slice the heart finely. Then dress it as you would an ordinary salad.

Cabbage with White Sauce. Cook the cabbage in salted boiling water. Drain it thoroughly. Chop it in a mincing-

machine. Add a white sauce, stir together over the fire, and serve.

Red Cabbage à la Limousine. Slice the heart of a cabbage. Add twenty skinned, chopped, uncooked chestnuts. Heat some water in a pan, put in the cabbage and chestnuts, add a little butter, and cook very slowly, closely covered, till tender.

Red Cabbage with Apples. Fill a fireproof dish with alternate layers of cooked sliced cabbage and slices of apple, finishing with one of apples. Sprinkle a number of tiny pieces of butter on the surface. Bake in a moderate oven.

GREENS

Leaves of Curly Kale, Small Growths of Cabbage Plants, Leaves of Brussels Sprouts or Cauliflowers. The green leaves of these various forms of cabbage can be cooked, and form an excellent and healthy food. Cook them in plenty of boiling salted water, then drain, and chop them finely, like spinach. They can be served as they are, without the addition of any butter or oil; with a *maitre d'hôtel* sauce; sautéed in butter or oil; with cream; mixed with potato *purée*; cooked *au gratin*; or with a white sauce—all as directed for cabbage. If sautéed, small *croûtons* of fried bread can be handed with them; or they may be arranged in a border of cooked whole chestnuts.

BRUSSELS SPROUTS

Cook the sprouts in plenty of salted boiling water. (After a long dry season change the water once during cooking, draining the sprouts well before putting them into the fresh boiling water.) They can be served as they are, without butter.

Brussels Sprouts sautéed in Butter or Oil. Brown the cooked sprouts in a little hot white oil or butter.

Brussels Sprouts with Béchamel or White Sauce. Cook the sprouts, but not too long, in salted water. Take them out and drain them. Reheat them in Béchamel or white sauce.

Brussels Sprouts with Cream. Add a little cream to the boiled and drained sprouts just before serving them.

Brussels Sprouts au Gratin. Cook the sprouts in water, drain, and turn them over in a little hot butter. Have ready some Béchamel sauce. Mix a little of it with the sprouts. Put them into a fireproof dish and cover them with more sauce. Sprinkle with a little grated Gruyère. Brown in the oven.

Purée of Brussels Sprouts. Put the cooked sprouts through a coarse sieve. Serve them as they are, or with the addition of a little butter stirred in just before serving.

Brussels Sprouts à la Milanaise. Cook and drain the sprouts (but not too thoroughly). Heap them on a dish, and sprinkle them with grated Gruyère. Brown lightly in the oven.

Brussels Sprouts—a Polish Way. Put the cooked sprouts into a dish. Sprinkle them with the yolk of a hard-boiled egg which has been put through a sieve and with finely chopped parsley. Just before serving pour over them melted, clarified butter in which very fine breadcrumbs have been browned. (To an ounce of butter add three ounces of breadcrumbs.)

Purée of Brussels Sprouts and Potatoes. Add one-third of *purée* of potatoes to two of Brussels sprouts that have been cooked and put through a sieve.

Brussels Sprouts with Rice. Cook some rice in the Creole way (pp. 163–164); add it to cooked Brussels sprouts in the proportion of one part of rice to two of sprouts. Turn both over in a little hot butter.

Brussels Sprouts with Chestnuts. Serve the plain-boiled Brussels sprouts with whole boiled chestnuts. Or the sprouts may be sautéed in butter.

SAUERKRAUT

Wash the sauerkraut in several changes of fresh water. Drain it, and serve it as it is or with plain-boiled potatoes.

Braised Sauerkraut. Brown a carrot and an onion stuck with a clove in butter or oil; add a bouquet of thyme, half a bay-leaf, parsley, and tarragon and the sauerkraut. Moisten with a little plain water or water that vegetables have been boiled in. Bring to the boil, then cover the pan and finish cooking in the oven. This will take about three hours.

Sauerkraut with Butter. Add butter to the cooked sauerkraut before serving.

Sauerkraut with Cream. Add cream to the cooked sauerkraut just before serving.

Sauerkraut with White Sauce. Mix the sauerkraut with a little white sauce.

Sauerkraut with Black Olives. Half cook the sauerkraut in water. Drain it well. Brown two little onions in butter or oil. Add the sauerkraut, a bouquet composed of thyme, a bay-leaf, and tarragon, a clove, and a tablespoon of fine black olives—stoned and chopped—and sufficient water to cover all. Cook very gently, closely covered, for two hours.

Sauerkraut with Carrots and Potatoes. Wash the sauerkraut and cook it in plenty of boiling water. Take it out of the pan and drain it thoroughly. Boil three carrots in salted water, and when they are cooked take them out, drain, and slice them. Put a very little white oil in a pan. Brown two or three little onions and the sliced carrots in it. Add the sauerkraut and salt it. Serve with plain-boiled or peeled baked potatoes.

FRENCH BEANS OR SCARLET RUNNERS

Tip and tail the beans, stringing them carefully if necessary. Cook them in a very large pan of fast-boiling water, with the lid off. As soon as they yield to the pressure of the fingers take them out of the water and drain them. Serve as they are.

Beans with Maître d'Hôtel Butter. Add fresh butter and a little chopped parsley before serving the beans.

Beans sautéd in Butter or Oil. Heat oil or butter in a pan, and lightly brown the cooked and drained beans in it.

Beans sautéd with Onions. Chop up an onion, and brown it in butter. Add the beans, and cook together for a few minutes.

Beans with Sautéd Potatoes. Cut a number of cooked potatoes in slices. Brown them lightly in butter or oil, with or without a little chopped onion. Add the cooked beans, and simmer for a few moments.

Beans with Cream. Drain the cooked beans thoroughly. Just before serving them add a little fresh cream.

Beans with White Sauce. Five minutes before serving them put the cooked and drained beans into a white sauce. Simmer very gently.

Beans à la Tourangelle. Cook the beans in water. Add some Béchamel sauce, made with butter. Fill a dish with them, and sprinkle them with finely chopped parsley.

Beans with Poulette Sauce. Cook as directed in the preceding recipe, using *poulette* instead of Béchamel sauce.

Haricot Beans à la Provençale. Brown the cooked beans lightly in butter, together with a clove of garlic. Remove the garlic before serving.

Ragoût of Beans. See p. 186.

Beans and Flageolets Mixed. See p. 174.

Purée of Beans and Flageolets. See p. 174.

French Bean Salad. Cook the beans in water. Drain them thoroughly, and when they are cold mix them with a *vinaigrette* sauce. Sliced cooked potatoes or cooked fresh flageolets may be added to the salad.

To preserve French Beans or Scarlet Runners. As a general rule vegetables should never be eaten out of their proper season. They should rarely be eaten when forced. Beans preserved in tins or bottles have lost their vitality; they act as irritants, and are, as a rule, chemically coloured. When, however, it is considered prudent to provide against a time when vegetables are scarce green beans may be dried for the purpose. Select good small beans, and top and tail and string them. Put them into boiling water for a few minutes. Take the saucepan off the fire, and when the water has cooled a little pour the beans on to a sieve to drain. Dry them with a cloth. Spread them on a grid, and put them in the oven at night to dry (or, by day, in a very slow oven with the door left open). When they are thoroughly dried store them away in cardboard boxes. Soak the beans in tepid water for several hours before cooking them.

EDIBLE-PODDED BEANS

Cook these like ordinary French beans or scarlet runners. Their pods remain tender when the beans are half-formed.

BUTTER BEANS

Prepare these in any of the ways directed for French beans or scarlet runners. They contain little or no mineral salts.

EDIBLE-PODDED PEAS

Cook these in salted fast-boiling water. Drain them well. They can then be prepared in any of the ways suggested for French beans or scarlet runners.

MACEDOINE OF VEGETABLES

Cut up French beans or asparagus into small pieces. Cut small cubes of potato, turnip, and carrot, adding a number of little bunches of cauliflower, green peas, fresh flageolets, and broad beans. Cook all in salted boiling water till tender, adding those vegetables which cook quickest after those which take a longer time. These vegetables can be served plain-boiled, *à la maitre d'hôtel*, sautéed quickly in a little hot butter, or with a Béchamel or white sauce. Chopped sautéed mushrooms may be added, or they may be served as a salad, with sliced hard-boiled eggs. Mix with a mayonnaise or cream dressing.

EDIBLE-PODDED BROAD BEANS

These pods must be eaten only when they are very young—that is, when the beans first begin to form. Cook them in salted boiling water. They can then be prepared for the table in any of the ways directed for French beans.

ASPARAGUS

Cut off the woody ends of the asparagus, scrape the stalks and wash them. Cook in plenty of salted boiling water. For dyspeptics serve them just as they are.

Asparagus may also be served with a white sauce, one flavoured with tarragon, or with Béchamel sauce.

Asparagus with Melted Butter. Add a little salt to some clarified melted butter and pour it over the asparagus.

Asparagus Omelette. See p. 120.

Asparagus with Cream. Cut the cooked asparagus into

small pieces, turn them over for a few minutes in a little hot butter in a pan, and just before serving add a tablespoon of cream to the dish.

Asparagus cooked like Green Peas. Cook the asparagus in salted boiling water. Drain it, and cut it up into very tiny pieces. Finish preparing it in any of the ways suggested for green peas.

Asparagus in a Ragoût. See *Ragoût* of Potatoes, p. 186.

Asparagus au Gratin. Cut off all the hard part of the asparagus, and cook the tender parts in boiling water. Drain, and cut into short pieces. Put it into a shallow buttered fireproof dish. Sprinkle with fine breadcrumbs and grated Gruyère. Brown in the oven.

GLOBE ARTICHOKE

Uncooked Globe Artichokes. With a very sharp knife cut off the outer leaves of the artichokes. Then cut the bottoms into triangular sections, working from the centre outward. Remove some of the small inner leaves, and carefully scrape off the 'choke.' Eat them as they are, or with a *vinaigrette* sauce (pp. 115-116).

Boiled Artichokes. Remove the 'choke' and the little inner leaves from the base of the artichokes. Wash them well, under the tap, to free them of any insects. Put them into salted boiling water, and cook them till they are tender. (A young artichoke will take forty-five minutes, an old one an hour and a half.) You can tell when they are ready by pulling one of the outer leaves. If it comes off readily the artichoke is done. Take them out of the water, and turn them upside-down to drain. Serve hot or cold, with a white or *vinaigrette* sauce, or with melted butter or with cream sauce.

Artichoke-bottoms au Gratin. Boil the artichokes; remove all the leaves and the 'choke' from each bottom. Put them in a shallow fireproof dish, cover them with a white or Béchamel sauce, and sprinkle with fine breadcrumbs and grated Gruyère. Brown in the oven for twenty minutes.

Artichokes à la Clamart. Choose young artichokes. Cut them into six triangular pieces. Remove the 'choke' and the

small inner leaves from the bottoms, and with a very sharp pair of scissors trim off about three-quarters of an inch of the tips of the leaves. Put the artichokes in a deep pan in which a little butter has been melted, adding a sliced carrot, green peas (three tablespoons to each artichoke), and a small bouquet. Cover the pan, and simmer very, very gently.

Artichokes à la Provençale. Prepare the artichokes as directed in the preceding recipe. Put a little olive oil in a pan, lay in the artichokes, cover them, and cook very gently for ten minutes. Add green peas and the hearts of several small lettuces. Cover the pan, and cook very gently until all are tender. It is not necessary to add any water, for the lettuces will supply the necessary moisture.

Salmi of Artichoke-bottoms and Mushrooms. Cook the artichokes in boiling salted water for twenty minutes. Remove the leaves and the 'choke' from the bottoms. Cut each bottom into four pieces. Cook a tablespoon of flour with the same quantity of butter, but do not let it brown. Add a glass of water and the artichoke-bottoms. Brown some mushrooms in butter or oil for a few minutes only. Take them out, and finish cooking them in a little water, adding a small bouquet of thyme, bay-leaf, parsley, and tarragon. Having taken out the mushrooms and drained them, add them to the artichokes. Cook gently together for twenty minutes. Serve on rounds of bread that have been fried in butter or white oil.

Ragout of Artichoke-bottoms. Cut the artichokes into quarters. Remove the small inner leaves and the 'choke' from the bottoms. With a pair of very sharp scissors cut down the leaves to within three-quarters of an inch of the base. Slice a small carrot, and, with two or three small onions, let it brown a little in butter or white oil. Add a number of very small potatoes, the artichoke-bottoms, and a spoonful of chopped and stoned black olives. Add a little water, cover the pot, and cook for an hour and a half.

Artichokes à la Barigoule. Prepare the artichokes as directed above. Cook them for a few minutes in a little hot white oil. Then sprinkle them with flour, turning them over once or

twice. Add a little of the water in which they were boiled—sufficient to cover them—a tiny piece of garlic, a small bouquet of herbs, and a tablespoon of sweet olive oil. Cook very gently for an hour and a half. Take out the bouquet and the garlic before serving.

Purée of Artichokes. Put the cooked bottoms through a sieve. Add a little fresh butter to the *purée*, and serve with *croûtons* of fried bread.

Steamed Artichoke Soufflé. Crush six artichoke-bottoms with a fork. Add very thick Béchamel sauce and a tiny pinch of finely ground nutmeg. Let the mixture cool; add the yolks of two eggs and, lastly, the stiffly beaten whites. Pour into a mould that has been lightly buttered and sprinkled with fine bread-crumbs. Cook for an hour and a half in a *bain-marie*.

CARDOONS

Choose young cardoons in which the spikes are very little developed.

Cardoons cooked in Water. Remove all the stringy parts of the cardoons, and cut up what is left. Throw the pieces at once into cold water to which a tablespoonful of vinegar has been added. Leave them for half an hour. Take them out and put them into salted boiling water. When they are tender drain them, and serve them as they are.

Cardoons can also be served with a very little of the water in which they were cooked mixed with cream, or with a white, Béchamel, or *poulette* sauce. Or they may be sautéed or cooked in a vegetarian *ragoût* (p. 186).

Cardoons au Gratin. Cook the cardoons as directed above in boiling salted water. Drain them. Arrange them in layers in a fireproof dish, sprinkling each with grated Gruyère. Cover them with Béchamel sauce and sprinkle with grated Gruyère and breadcrumbs. Brown in the oven.

Cardoons in a Salad. Cook the cardoons in salted boiling water. Take them out when done, let them drain thoroughly, and cool, dress, and serve as a salad.

SWISS CHARD

The large leaf-stalks of this vegetable can be cooked like cardoons (see recipes). It has a less delicate flavour. Serve it with cream, white, Béchamel, or *poulette* sauce, or *au gratin*. It can also be sautéed, or added to a vegetarian *ragoût*.

CARROTS

Plain-boiled Carrots. Wash and scrape the carrots, removing a small piece from each top and bottom. If they are very small and young cook them whole; if larger, slice them. Cook them for twenty minutes in salted boiling water, together with a small bouquet of parsley and tarragon. To every twenty-five small carrots add a teaspoon of powdered sugar. Drain well, and serve as they are.

Carrots may also be served with a white, *poulette*, or Béchamel sauce. Or a little cream may be added to them just before they are served.

Braised Carrots. Put a little butter or white oil in a saucepan. Add the carrots and some small onions. Cook them gently for a few minutes. Add a bouquet of thyme, bay-leaf, parsley, and tarragon and half a pint of hot water. Cover the pan with a piece of greased paper and the lid. Cook for two hours over very gentle heat. Just before serving mix the yolk of an egg with a little cream and add it to the liquid in which the carrots have cooked.

Ragoût of Carrots. See *Ragoût of Potatoes*, p. 186.

Carrots with Green Peas. Braise the carrots as directed above. About ten minutes before they are ready add a quarter of their weight in green peas which have been cooked separately in salted boiling water. Add the yolk of an egg well mixed with a little cream.

Carrots with Leeks and Potatoes. See p. 189.

Carrots with Green Herbs. Cook the carrots in water, drain, and brown them in a little butter or oil, adding a pinch or two of powdered sugar and some finely chopped parsley and chives.

Carrots with Onion. Chop up a medium-sized onion and brown it lightly in a little butter or white oil. Add the carrots, which should be cooked in readiness in salted boiling water and well drained. Simmer all together for a few minutes.

Carrots with Sugar. Brown the carrots lightly in white oil or butter. Make a little caramel sugar (see p. 234). Add butter to it, and then the carrots and a little hot water. Cover the pan, and cook till tender. Thicken the sauce with a little flour.

Carrots with Rice. See Rice with Carrots, pp. 166-167.

Carrots à la Vichy. Slice the carrots very finely, and cook them in Vichy-Célestins water to which a little salt and sugar have been added (or in ordinary water to which you have added a pinch of bicarbonate of soda) until all the liquid has evaporated. Unless this dish is to be eaten by a dyspeptic add a few pieces of fresh butter to it just before serving.

Carrot Soufflé. Make a *purée* of carrots and add its weight of a thick Béchamel sauce. When the mixture is cold stir in the yolk of an egg and, just before you are ready to bake, the stiffly beaten white. Pour into a buttered *soufflé*-dish, and bake for forty minutes in the oven.

Carrot Flan. Line a flat round tin with pastry. Spread over it a layer of *purée* of carrots, then one of carrots cooked *à la Vichy*. Bake in the oven. Or the tart may be filled with slightly sweetened rice and carrots cooked with sugar or *à la Vichy*, well mixed together.

LEEKs

Leeks are strong food, and contain sulphur. For this reason dyspeptics should not eat them, except when mixed with other vegetables—potatoes and carrots, etc.

Leeks with White Sauce. Trim the leeks and cut off most of the green part. Wash them thoroughly, and tie them up into small bundles. Cook them in boiling salted water, drain them well, and serve them with a white sauce.

Leeks may also be served with a *vinaigrette* or *maitre d'hôtel* sauce.

Leeks with Cream. Cut the white parts of a number of leeks

into small pieces. Cook them in a very little salted boiling water. Remove and drain them. Take a little of the water in which they were cooked; dilute it with plain water and a tablespoon of cream. Heat the liquid, and add the leeks. Simmer them for a few minutes. Serve with fried bread.

Leeks with Carrots and Potatoes. See p. 189.

Leeks au Gratin. Cook the leeks in salted water. Divide them into two-inch lengths. Arrange them, well drained, in a buttered fireproof dish. Cover them with a white sauce. Sprinkle with grated Gruyère. Brown in the oven.

CELERY

This rather strong, aromatic vegetable acts as an irritant to most dyspeptics. They should take it only as a flavouring in soups. For persons of strong digestion it may be cooked in salted boiling water and served with a white, Béchamel, or *maitre d'hôtel* sauce, or braised and served with a little fresh cream, or baked *au gratin* with a white sauce, grated cheese, and breadcrumbs.

RHUBARB

We advise against the use of rhubarb. It causes acidity and tends to arthritis. It irritates the membranes of the intestines, the respiratory passages, joints, and skin.

BEETROOT

The use of beetroot unmixed with other vegetables is not advised. It is heavy for the stomach, and ferments quickly in the intestine, thereby causing loss of mineral salts. If taken at all, it is better to eat it in small quantities only, as an *hors d'œuvre* or mixed with a green salad. It can, however, be boiled and served with a white, burnt-wine, or cream sauce, or with *nouilles*, or it may be sautéed with a little onion.

RADISHES

The large pink radishes—too large to be eaten raw—can be cooked in salted water and served with white, Béchamel, tarra-gon, cream, or bread sauce, or with black butter.

TURNIP-ROOTED CHERVIL

This little root, about the size of a young carrot, is first cooked in salted boiling water, and then served with white, Béchamel, *poulette*, or cream sauce, or it may be sautéed in butter or cooked *au gratin* with Béchamel sauce.

KOHLRABI

Peel, wash, and cut young kohlrabi roots in crosswise slices. Cook them in salted boiling water. Chop the tender leaves of the roots, and cook them separately in the same way. Drain both, and put them together in a pan containing a little hot butter or white oil. Brown them lightly for a few minutes. Or serve with Béchamel, white, or *poulette* sauce.

WHITE VEGETABLES

Under this heading are grouped the less nourishing and easily fermenting vegetables, which, if frequently eaten, tend, even with healthy people, toward anæmia and loss of mineral salts. Patients suffering from arthritis, enteritis, eczema, and tuberculosis should leave them entirely alone. The group includes cauliflowers, turnips, Jerusalem and Japanese artichokes, salsify, celeriac, parsnips, and artificially blanched salads.

Certain of them may be used in small quantities if cooked with other vegetables (see Vegetarian *Pot-au-feu*, *Ragoût* of Potatoes, etc.). They can also, in equally small quantities, safely be eaten raw if mixed with other vegetables. Their vitality, undestroyed by cooking, gives them a certain food value.

The recipes given for these vegetables have been reduced to a minimum.

Cauliflower or Broccoli plain-boiled or with a Sauce. It is best to confine oneself to the use of spring cauliflowers, since they have been proved in dietetic clinics to be less likely to cause loss of mineral salts than the summer-grown vegetable. Wash the heads carefully, and break up the little bouquets. Cook them in salted boiling water and serve them as they are, with a *maître d'hôtel*, white, or black butter sauce, or *au gratin*.

They may also be used in salads with other vegetables, dressed with a *vinaigrette* sauce, or as *hors d'œuvre*.

Cauliflower or Broccoli au Gratin. Cut up the flower into small pieces. Wash these thoroughly and put them into salted boiling water. Let them cook for from fifteen to twenty minutes. Drain them well and arrange them in a buttered fire-proof dish. Sprinkle them with two ounces of grated Gruyère or Parmesan, and cover with a white sauce. Sprinkle this with grated cheese and breadcrumbs. Bake in the oven for from fifteen to twenty minutes, or until well coloured.

Turnips with Sugar. Cook the turnips, whole if young, sliced if older, in a little hot butter or white oil, having sprinkled them with a teaspoon of powdered sugar. After a few minutes add a little hot water, cover the pot, and cook very gently till they are tender.

Turnips with Green Peas. Cook the vegetables separately in boiling salted water. Drain them thoroughly, and reheat them in a little hot butter.

Salsify. Cook the carefully prepared salsify in salted boiling water. It can be served with a white or Béchamel sauce, sautéd, with cream, *au gratin*, or dipped in batter and fried.

Japanese Artichokes. Cook these in salted boiling water. They can be served with a sauce, sautéd, or *au gratin*.

12. FRUITS

OLEAGINOUS FRUITS

Under this heading come nuts—hazel-nuts, filberts, walnuts, almonds, coconuts, peanuts—and pine-seeds. With the exception of almonds and hazel-nuts, few of these are used in cooking. Nuts are nourishing—rich in fat and proteins. Mixed with large quantities of butter, eggs, and sugar, however, they will provide over-concentrated and indigestible foods, which will be a menace to digestion. We strongly deprecate eating such preparations as almond cake, almond paste, or creams made with gelatine and nuts. Crushed or broken nuts will, however, add a

delightful flavour to certain dishes and cakes. We therefore give recipes for a few of these, but they should not be indulged in often. The best way to eat nuts is in their natural form, baked, or grilled.

Baked Oleaginous Fruits (almonds, cob-nuts, etc.). In order to get rid of the skins of these nuts before roasting them or using them in a cake or sweet all that is necessary is to put them into boiling water for a few minutes. Then rub them between the fingers. (Nuts that are baked in the oven will, however, get rid of their skins unaided.)

Plum Pudding with Honey. See p. 245.

Nut Cakes (Croquants). See pp. 243-244.

White Cheese Tart. See p. 140.

Lorraine Cake with Baked Almonds or Hazel-nuts.
See p. 133.

American Cake. See pp. 133-134.

Nut Cake. Put the yolks of three eggs, four ounces of powdered sugar, and an ounce and a half of grilled or baked finely chopped cob-nuts in a bowl, and mix them well together with a wooden spoon. Then beat them hard till the mixture is creamy and has lightened considerably in colour. Add rather over an ounce of farina and one of ordinary flour. Continue to beat hard. Whip the whites to a stiff froth, and add them quickly and lightly to the mixture. Pour it into a buttered tin, sprinkle with chopped grilled nuts, and bake in a slow oven for from thirty to thirty-five minutes.

Chestnut and Almond Cake. Make a *purée* of rather over a pound and three-quarters of shelled and skinned cooked chestnuts. Add three tablespoons of flour and rather over three ounces of skinned, crushed, and roasted Jordan almonds, two ounces of butter, three yolks of eggs, three ounces of sugar, and six tablespoons of water. Mix well. Whip the whites of the eggs to a stiff froth, and add them quickly and lightly to the mixture. Pour into a buttered tin, and bake in a slow oven.

Hazel-nut and Honey Cake. Shell some hazel-nuts. Put two ounces of them in the oven for a few minutes, to loosen their skins; then rub these off. Put them back in the oven to

roast. Pound them in a mortar. Put them in a bowl, and add the yolks of two eggs, a pinch of salt, and two tablespoons of olive oil. Pound all well together. Add four ounces of honey and seven of sifted flour. Beat well together, and then stir in very lightly the stiffly beaten whites of the eggs. Butter a shallow round cake-tin, pour in the mixture, and bake in a slow oven, turning the cake over once, so that it may be browned on both sides.

Croquants made with Honey. See pp. 243-244.

Macaroons made with Honey. Beat up the whites of two eggs till they are very stiff, then add four ounces of liquid honey and beat well together. Take three ounces and a half of shelled almonds. Put them into boiling water for a minute or two, and then rub off their skins. Take the same quantity of shelled hazelnuts and rub off their skins with a cloth. Mix the two kinds of nut together and chop them finely on a board. (Be sure that it has not recently been used for onions.) Add them to the whites of eggs and honey. Butter a tin and drop the mixture on it, a teaspoonful at a time, flattening out each little heap into the shape of a macaroon. Bake in a very slow oven, watching carefully lest they burn.

Chocolate Macaroons. These macaroons are made according to the preceding recipe, but three and a half ounces of grated chocolate are substituted for the honey. Add it very slowly to the whites, beating all the time.

Carthage Cake. Chop dried figs and dates in equal quantities into very small pieces. Add to them half their weight in finely chopped almonds, hazelnuts, or walnuts. Put the mixture into a mould. Cover it with a saucer, and weigh it down with a heavy iron. The next day dip the mould into hot water and turn out the contents. Thin slices of this cake can be used in making sandwiches.

Fried Salted Almonds. Plunge a number of Jordan almonds for a few minutes into boiling water. Take them out and rub off their skins. Dry them well, and fry them in hot white oil. When they have browned a little drain them, and set them to dry on a piece of thick white paper, just inside a moderate oven. Roll

them in salt, and dry them in the oven again. Put them on a sieve, and shake them to remove any excess of salt. Keep in a closely covered tin.

WATERY FRUITS

Freshly picked fruits, eaten uncooked, are the most health-giving, digestible, and vitalizing food that exists. To cook them destroys their germinative energies. In other words, cooking destroys vitamin C, of which they are the chief purveyors to the body. As soon as dyspeptic and enteric patients have become used to a diet containing little animal food, and therefore one in which putrescible foodstuffs are reduced, they will be perfectly able to digest all fresh, sweet, ripe fruits, and, thanks to the inclusion of these in the diet, their cure will be hastened and their general resistance strengthened. To turn fresh fruit into *compôtes* is a kind of sacrilege. Cooked fruit is a certain cause of fermentation and of digestive troubles.

Only occasionally, therefore, should cooked fruits be used. They may sometimes be served with pastry, and, again, they are at times useful in overcoming the results of over-feeding or of certain temporary intestinal intolerances (attacks of indigestion, acute or mucous attacks of enteritis). As a rule cooked fruit is less harmful if mixed in moderate quantities with foodstuffs (albuminous, floury, and fat) that are helpful in a well-balanced menu. They can be made into meringued *compôtes*, tarts, and cakes.

Fruit Juice. In certain acute conditions fresh fruit juice acts wonderfully by clearing the digestive tracts, purifying the blood, and cleansing the organs of elimination. Certain patients find it difficult to digest the cellular fibre of whole fruit. In these cases the juice only of peaches, apricots, pears, cherries, grapes, and apples should be given. The juice is obtained by crushing the fruit in a vegetable-presser or on a sieve placed over a bowl. It should be taken in small quantities, and may be diluted with water. Neither juice of bottled grapes nor unfermented wine must ever be taken, for both are sterilized and indigestible. In no case should they take the place of fresh fruit juice in cases of

illness, or of pure water, which is not only the most tonic and hygienic of drinks, but a natural source of mineral salts. The juice of acid fruits, so much and so indiscriminately recommended at the present time, should also be avoided (oranges and lemons). They will tend to acidity and to loss of mineral salts.

Stewed Fruit. All fruit that is to be cooked must be both ripe and sweet. It is dangerous to use immature fruit or wind-falls. (Even fruit that falls when it is practically ripe should be put in a dry place to come to perfect maturity.)

Peel the fruit, remove the cores, pips, or stones, and put it in a saucepan with a moderate quantity of sugar. (The amount will, of course, vary according to the kind of fruit used.) Add water, and simmer gently until tender. Remove the fruit with a skimmer, and reduce the syrup by quick boiling. Pour it over the fruit, and set aside to cool.

If preferred the cooked fruit can be crushed in its juice before it is served.

For cases of dyspepsia, even apricots and plums should be peeled before they are cooked.

Never cook any acid fruits, such as strawberries, very sour cherries, raspberries, figs, or, above all, dried apricots, which are preserved and acidified by the use of sulphurous acid. Stewing would only increase their irritant properties.

Meringued Compôtes. Put the cooked fruit into a deep fireproof dish. Beat the whites of two eggs with a tablespoon of powdered sugar till they are very dry and stiff. Cover the fruit with the mixture, and sprinkle it with a little sugar. Brown in a quick oven. Cooked fruit eaten in this way becomes more digestible. Fresh apples, pears, peaches, and apricots may be used. Or the *compôte* can be made of a mixture of equal quantities of sliced bananas and cooked apples.

Meringued Apricots. Put a layer of rice cooked in sweetened milk at the bottom of a fireproof dish. Cook a number of apricots in a syrup that has been flavoured with vanilla. Pour them over the rice, cover them with the meringue mixture, and proceed as directed above. Bake slowly.

Apricots à la Bourdaloue. Line a flat tart-tin with pastry.

Cover it with a layer of frangipane cream (pp. 126-127) to which you have added some crushed macaroons. Then add a layer of stoned, halved apricots which have been cooked in a little vanilla-flavoured syrup. Finish with a layer of the cream. Sprinkle with crushed macaroons and a little melted butter. Cook in a quick oven.

Peaches, pears, and bananas can be prepared in this way.

Apples cooked with Butter. Cut a number of peeled and cored apples in quarters. Arrange them in a fireproof dish. Add a glass of cold water. Sprinkle them with sugar and little pieces of butter. Bake for rather over an hour in a slow oven, basting often. Serve as soon as the fruit is tender and nicely browned on top.

Baked Apple à la Bonne Femme. Remove the cores from several fine apples. Make a few superficial incisions all round the skins. Fill the centres with butter and powdered sugar. Put the apples in a fireproof dish containing a little water. Bake in a slow oven, basting occasionally.

Apple Dumplings. Prepare the apples as directed above. Wrap each in pastry. Bake for about fifteen minutes.

Fruit Croûtes. Fry a number of thin rounds of bread in butter or white oil. Sprinkle them with sugar, and glaze them in a hot oven. Line a pudding-dish with them. Over them put a layer of plums, or of peaches or apricots (stoned and cut in half). Sprinkle with powdered sugar and small pieces of butter. Bake and brown in the oven.

Fruits with Rice à la Condé. See pp. 168-169.

Fruits served with Rice. See p. 168.

Baked Bananas. Remove the upper halves of the skins. Place the bananas, resting in the lower halves of their skins, in a tin in the oven and bake.

Purée of Bananas. Peel and cut a number of bananas into thin slices. Cook them in a little slightly sweetened water. Crush them to a pulp, and serve.

Banana Flan. Take four fine bananas. Cut them across in thin slices, and put them in a fireproof dish. Boil up a pint of milk and sweeten it to taste. Mix two tablespoons of flour in a

little cold milk and add it to the hot milk. Beat up two eggs and add them very gradually, stirring all the time. When well mixed pour over the bananas and bake for twenty minutes in a very slow oven. (The surface should be nicely browned.) Serve cold.

Apple Fritters. Peel and core some apples. Slice them cross-wise. Sprinkle them with sugar. Dip each piece in batter, and fry in deep hot oil. Let the fritters colour on both sides, turning them once. Drain well, and sprinkle with powdered sugar.

Pancakes with Apples. Peel, core, and slice some apples across. Then chop them finely. Add them to a good batter, and fry as you would an ordinary pancake. Sprinkle each pancake with sugar before serving.

Convent Pancakes. Pour a thin layer of pancake batter into the frying-pan. When it has set sprinkle over it very finely chopped ripe pears. Cover with batter. Turn the double pancake over when it has set on top, so that both sides may be browned. (A little more oil may have to be added to the pan before the pancake is turned.) The pancakes must be served very hot.

Normandy Pancakes. Proceed as for convent pancakes, but instead of pears use finely chopped apple that has been sautéed in butter.

Fruit Tarts. Line a round tin with pastry, cutting it rather larger than the tin, so that the edges may be rolled back and pressed down with the handle of a spoon or fork. Sprinkle it with sugar, then arrange on it a layer of fruit, whole or cut up (cherries, apricots, plums, peaches, or strawberries), or of a *purée* of fruit (apples, pears, plums, apricots, peaches, or bananas). Sprinkle with sugar. Decorate with criss-cross strips of pastry. Bake in a hot oven for about forty minutes.

Apple Tart à la Batelière. Line a flat tart-tin with pastry. Cover it with a layer of *purée* of apples. Have ready some rice which has been cooked in milk and slightly sweetened. Mix with it the stiffly beaten whites of three eggs (to one pound of rice). Heap this up, dome-shape, on the apple *purée*. Bake in the oven. Sprinkle the pudding with sugar a few minutes before it is ready to be served.

Apple and Raisin Pudding. Put a pound of sifted flour in a basin. Make a hole in the middle of it. Add a little salt and crushed yeast the size of a small cob-nut. Add a glass of tepid water, and knead together. Set aside in a warm place for several hours. Add ten ounces of peeled, cored, and chopped apples and four of stoned raisins cut in halves. Mix well. Put into a buttered mould, and bake for an hour and a half in a moderate oven.

Charlotte Russe. Line a mould with white paper. Then arrange sponge fingers, closely touching one another, round the sides and bottom of it. Fill with alternate layers of sponge fingers and jam. When the mould is quite full put a saucer over it. Press it down with a two-pound iron or weight, and leave for several hours before turning out. Serve with fresh cream.

Apple Charlotte. Peel and core two pounds of apples. Cut them in very thin slices. Beat up three whole eggs and four ounces of powdered sugar in a bowl. Add the apples. Pour into a mould which has been lined with caramel sugar, and bake in a moderately slow oven for about half an hour.

Apple Charlotte made with Bread. See pp. 171-172.

Charlotte with Rice and Pears. See p. 172.

Apple Turnovers. Take eight ripe apples, peel and core them, cut them into slices, and put them in a saucepan. Add three tablespoons of water and two ounces of sugar. Cook over a moderate heat, and when the apple has been reduced to a *purée* take it off the fire and let it cool.

Put half a pound of flour in a bowl. Make a hole in the middle, and put in it an ounce and a half of melted butter, a whole egg, a tablespoon of powdered sugar, a pinch of salt, and crushed yeast the size of a pea. Knead well together, and set aside in a warm place to rise for two hours. Divide the paste into two portions. Roll these out a quarter of an inch thick. Heap up the apple marmalade on one half of each piece, leaving about an inch of paste showing all round it. Fold over the other half and press the edges well together, using the handle of a small spoon to make a pattern. Brush over the paste with the yolk of an egg slightly diluted with water. Bake for twenty minutes in a fairly

quick oven. Pears, bananas, or jam may be used instead of apples.

Apple Pudding. See pp. 132-133.

Cherry Pudding. See p. 132.

Raisins and Currants. Raisins are used in making cakes and puddings. It is best to soak them for twenty-four hours before using them. They should be pricked with a fork before they are set to soak, the stones being removed later.

Currants should first be rolled in flour, then rubbed between the hands, in order to detach the stems. Put them on a fairly coarse sieve and run cold water through them from a tap. The stems and flour will run off through the meshes.

Bourbon Apple Bread. Put a pound of sifted flour in a big bowl. Mix with it two whole eggs (having set aside a part of one of the yolks with which to brush over the pudding later). Stir hard with a big wooden spoon. When well mixed add three and a half ounces of melted butter, an ounce of powdered sugar, a little salt, and sufficient water to make a paste firm enough to adhere to the spoon. Continue working all well together, and then, still stirring and lifting with the spoon, add a pound and a quarter of good ripe apples which have been peeled, cored, and cut up into pieces the size of a thimble. Turn out the paste on to a piece of thick white kitchen paper or on to a buttered tin. Dip the hands in flour and shape the mass as nearly as possible into a square, pressing it down until it is three inches thick. Dilute the yolk of egg that has been reserved with its own volume of water, and brush it over the top of the loaf. Bake in a moderate oven for three-quarters of an hour. This bread is vitalized by the apples, and is good either fresh or stale. If it is prepared for a dyspeptic one egg and two and a half ounces of butter only should be used. Three tablespoons of olive oil may be substituted for the butter for such persons as find the latter indigestible.

A Variant of this Bread. Proceed as directed above, substituting two ounces of honey for the sugar.

Fruit in Batter. Put four tablespoons of sifted flour in a basin; add a whole egg and an ounce of melted butter. Work

well together with the aid of a wooden spoon, then add seven full tablespoons of milk, stirring as you do so. Butter a shallow mould or fireproof dish, and put into it six or seven apples that have been peeled, cored, and finely chopped. Sprinkle them with three tablespoons of powdered sugar. Pour batter over them, and cover with a piece of buttered paper. Bake in a moderate oven for from thirty to forty-five minutes. Other fruits may be used in their season—cherries, plums, pears, etc.

Cherries in Batter. Put into a bowl five ounces of flour, two whole eggs, two ounces of melted butter, rather over two ounces of powdered sugar, a small pinch of salt, and four tablespoons of milk. Work well together until you have a perfectly smooth batter. Then add a pound of sweet cherries. (Do not stone them.) Butter a tart-tin, pour in the mixture, and bake in a moderate oven for half an hour.

Apples with Nouilles. See p. 163.

Rice with Apples. See p. 168.

To dry Fruit. Peel a number of sweet ripe pears and put them whole, or cut in halves, into a deep earthenware pan with a little sweetened water. Simmer them. Take them out and drain them. Arrange them on a wooden grid, and put them in a very slow oven to dry. Flatten them. Take them out and dip them in the syrup in which they were cooked. (This should have been reduced by quick boiling.) Drain them, and put them back into the oven to dry again. (The process may even be repeated a third time.) When ready to put away in cardboard boxes the pears should be perfectly firm and dry, but not burnt. They must be soaked before they are eaten, either cooked or uncooked.

Plum Tart. Prepare the pastry as for apple turnovers (pp. 219–220). Roll it out about three-eighths of an inch thick. Line a round tart-tin with it. Cook a number of plums, having cut them in half and stoned them, in sweetened water. Drain them, and arrange them on the pastry. Cover them with pastry, pressing the edges of under and upper crusts together after moistening the inner sides. Bake in a fairly quick oven for an hour. Do not put any of the juice of the plums in the tart, or it will

sodden the pastry. Pour off any excess of juice during baking.

Prune Tart. This tart is made in the same way as the plum tart. The prunes must be cooked (after having been soaked overnight). The stones need not be removed, as they will add flavour to the tart.

Stewed Prunes. Put the prunes in water to soak overnight. Cook them very gently in a little water until the stones are easily detachable. Do not add either sugar or wine to them, as these would destroy the laxative properties of the prune.

To extract the Sugar from Prunes. Make an incision lengthwise on one side of each prune. Soak them in water for twenty-four hours. Simmer them in plenty of water (six quarts of water to two pounds of fruit) for three or four hours, renewing the water every half-hour. (The fresh water must be boiling, and great care must be taken when straining off the old in order not to crush the prunes, which should remain whole.) At the end of this time the prunes, almost tasteless, should have lost practically all of their sweetness. Prepared in this way they have a remarkable effect in relieving congestion of the liver and in accelerating the intestinal circulation in cases of arthritis, liver trouble, and constipation.

The dose, to be taken before the principal meals, is from ten to thirty prunes. These should be served in a little hot water, and not be eaten dry. The prunes should be prepared in sufficient quantity to last two days, not longer. In cases of arthritis or constipation the cure should be continued. It must be noted that this treatment will not suit people who have very small appetites. Large and moderate eaters may take it safely. In the case of persons who digest easily it is not necessary to extract all the sweetness of the prunes.

Purée of Prunes. During periods of gastric fatigue or intestinal irritation prunes in any form are not easily assimilated. Even when prepared as directed above they are not very digestible. They should therefore be put through a coarse sieve after they have been cooked, and eaten in the form of a thick *purée* before the chief meals of the day.

13. HORS D'ŒUVRE

UNWHOLESOME HORS D'ŒUVRE

Most of the *hors d'œuvre* habitually served are rich, heavy, and irritant. They use up the digestive secretions at the beginning of a meal, and they poison the blood. These should be avoided, for they will acidify and destroy resistance, and so favour arthritis. Among them may be numbered caviare, sardines, tunny-fish, anchovies, filleted herring, shrimps, prawns, lobsters, oysters, smoked salmon, tinned products, ham, smoked ham, sausages, *foie gras*, and such acid fruits as tomatoes and lemons. Pickles and gherkins should also be avoided.

VITALIZING HORS D'ŒUVRE

The principal source of organic vitality is, as we have already pointed out, in uncooked vegetable foods, such as salads, fruits, and cereals. Since fruit is usually served at the end of a meal, uncooked cereals should be served once a day as an *hors d'œuvre*.

A monthly list of vegetables suitable for eating uncooked is given in the last chapter. It is with intention that neither tomatoes, cucumbers, black radishes, horse-radish, shallots, onions, or leeks are included. These vegetables have an irritant quality, and are indigestible for most persons.

Among the vegetables that may be eaten uncooked the most vitalizing are the green salads in their seasons, cabbages, carrots, and potatoes. These should form the basis of any selection of *hors d'œuvre*. It should be noted, however, that uncooked cabbage is not easily digested if it has been grown during a long period of drought. It is unnecessary to serve all these vegetables every day. One or two should be chosen, so that there may be variety all through the week. Uncooked spinach is too acid, and watercress acts as an irritant in arthritic cases.

Quantity of Hors d'Œuvre to be served at a Meal. Green salads should always form the chief *hors d'œuvre*. Three or four large leaves of round or long lettuce will suffice, but more

may be eaten. The uncooked vegetables should be eaten at the same time, and are best cut into thin strips, since these are easier to masticate than slices. On no account grate raw vegetables or put them through a mincing-machine. By so doing you destroy their food values and lose their vitalizing properties. For the same reason it is better to eat wheat in grains rather than prepared or ground.

Cut up the vegetables—cabbage, salad, celery, green beans, asparagus—with a sharp knife. Use a good vegetable-cutter for carrots, potatoes, Jerusalem artichokes, and celeriac. (They should all be prepared immediately before they are served.) Or the vegetables can be served whole in a dish containing a little water, to keep them moist. They should be carefully prepared and washed, but not peeled, and cut up at table. The mixture of vegetables chosen is a matter of taste. A dessert-spoonful of several varieties is sufficient.

Grains of wheat can be bought at a seedsman's or, preferably, from the grower. They must be carefully picked over, placed on a sieve, and cold water from a tap allowed to run through them. The grains should then be soaked for two or three days in twice their volume of cold water. After this treatment they will be easily masticated. The grains will keep another three days, but the water must be discarded or they will get an unpleasant taste of fermentation. Should they begin to germinate their vitalizing power will be all the greater, a fact that has been proved by experiment.

How to serve Uncooked Hors d'Œuvre. Green salads varied by the addition of uncooked vegetables or grains of wheat can be dressed in various ways: with salt only; with a *vinaigrette* dressing; or with oil, vinegar, salt, pepper, and a dash of nutmeg. They may be served with chopped tarragon, chervil, or parsley; with chopped and stoned black olives; with a cold or hot vegetarian galantine; with chopped chives; with chopped leek or onion (for those who have very good digestions); with chopped hard-boiled egg; with watercress; with a little mayonnaise; with a white or Béchamel sauce; with cream or the juice of an onion that has been browned in butter or oil;

with breadcrumbs rubbed with garlic. Again, a little chopped apple may be added to them, or the uncooked vegetables can be stirred into a *purée* of potatoes, or mixed with other cooked vegetables or a little onion soup. Many cooked vegetables, hot or cold, will be found useful for giving variety to the uncooked ones, such as slices of beetroot or potato, artichoke-bottoms, small pieces of cauliflower, green beans, leeks, rice (each grain must be separate), carrots, sautéed mushrooms, sautéed green peas, *nouilles au gratin*, a macedoine of cooked vegetables, lentils, sautéed vegetables, or *ragoûts*. The uncooked vegetables will be the more easily masticated owing to their admixture with cooked ones. It is as well, from time to time, to give up the use of grains of wheat and raw vegetables, with the exception of salads, for a few days, in order the better to feel their good effects when they again form part of a menu. During periods of gastric fatigue or gastric and intestinal irritation it is better to give them up altogether.

If taken regularly at midday and in the evening in spring *hors d'œuvre* are very strengthening. Persons suffering from dyspepsia will digest uncooked vegetables, other than salads, less easily in winter than at other seasons.

A noticeable recrudescence in vitality and energy will be observable after the uncooked vegetables and crushed wheat have been taken for a few days. And if the practice is continued the improvement in nutrition is shown in (1) the growth of the hair, and (2) in the cure, especially in winter, of various trophic skin troubles—cracks in the mucous membranes, chilblains, etc.

The tonic and nutritive value of these uncooked vegetables is so great that certain persons who are specially and temperamentally inclined toward simplification of diet have been able finally to train themselves to live on bread and vegetables (chiefly uncooked). Their principal diet is as follows: five ounces of uncooked vegetables—roots and tubers, potatoes, carrots, turnips, kohlrabi, swedes, beetroot (red and white), salsify, and Jerusalem artichokes; half an ounce of uncooked onion and leek; three and a half ounces of uncooked cabbage; two ounces of green salad, wild or cultivated; eight ounces of

potatoes cooked in their jackets; and one ounce of oil. But it is not every one who can confine himself without risk to such a culinary simplification as is exemplified in this extreme diet.

14. SALADS

Uncooked salads should be eaten at each of the two principal meals, unless medical advice to the contrary has been given. They provide the vitamins and vitalized mineral salts which contribute so greatly to the upkeep of the vigour of the body. They may be eaten as an *hors d'œuvre*, especially if mixed with a certain quantity of uncooked vegetable; or they may be eaten at the end of a meal, just before the sweet.

UNWHOLESOME SALADS

It is a heresy to believe that the white leaves only of green salads should be eaten (the hearts of blanched lettuces, batavia, and chicory), or salads that have been grown in the dark (blanched chicory — *barbe de capucin* — and endives). The precious mineral salts exist only in the green leaves, the chlorophyll which these contain having held them under the action of the rays of the sun. The exclusive use of blanched salads favours anæmia and loss of mineral salts.

It is advisable, therefore, never to buy either chicory or blanched endives. With the exception of any bruised or old leaves every part of the other green salads should be eaten.

Lemon-juice should never be used in making salad dressings, since its use tends to decalcify. Ordinary commercial vinegar is too sharp, and is often the product of some chemical manufacture. It is wise also to avoid tomatoes, since they tend to arthritis, and fresh milk or the beaten yolks of eggs (except in mayonnaise), for these do not combine well with salads, and are heavy for the stomach. Horse-radish and pepper in any quantity are irritants; too much salt makes for thirst; raw onions and leeks are generally found to be indigestible.

It is advisable to vary both the dressings and the contents of salads. Lettuce should not be eaten in mid-winter, and there

is very little nourishment in forced, winter-grown curly endive and batavia. Summer salads should not be confined to one variety, or there will be a risk of certain mineral deficiencies. One salad may be preferred, but it should not be eaten exclusively. Long lettuces are the most vitalizing of salads.

CHOICE OF SALADS

Green Salads. Here is a list of the best green salads in their seasons. *Spring* : dandelion, wild or cultivated chicory, lettuce; *summer* : lettuce, salsify leaves, long lettuces, celery (in moderation); *autumn* : curly endive, batavia, lettuce, celery (in moderation); *beginning of winter* : endive, batavia, lamb's lettuce; *end of winter* : lamb's lettuce, dandelion, lettuce.

Mixed Salads. Great variety can be given to green salads by mixing with them cooked or uncooked vegetables, such as raw cabbage, a *julienne* of uncooked carrot, cabbage, and potato, uncooked celeriac, tomato (occasionally only), uncooked asparagus and cauliflower. (A little cultivated rocket may be added for its flavour.) Among cooked vegetables that may be used we would mention red beetroot, cauliflower, leek, dried haricot beans, fresh beans, lentils, potatoes, macedoines of mixed vegetables, artichoke-bottoms, Brussels sprouts, and chopped mushrooms that have been cooked in water. Certain of these can be served alone as a salad, but they should not be associated with raw vegetables.

DRESSING OF SALADS

Various dressings may be used to overcome a certain insipidity in salads.

Undressed Salads. Patients suffering severely from dyspepsia cannot always tolerate an oily or acid condiment. Such persons should eat salads with salt only, or combine them in the course of the meal with vegetables, as suggested in the section on *hors d'œuvre*.

Salad Oil and Salt Dressing. This dressing is less of an irritant than one made with vinegar.

Dressing made of Oil and Vinegar. Use white oil, as it is

less of an irritant for the skin than olive oil, and wine-vinegar made at home (p. 233). To four teaspoons of oil add not more than a teaspoon of vinegar. Use salt in moderation and the least possible amount of pepper or none at all. A little nutmeg powder can be added.

White Wine Dressing. Certain people who can digest neither oil nor vinegar, but who do not abstain from wine, like a salad dressed with two or three teaspoons of white wine.

Sour Milk Salad. Sour milk goes well with a salad, but it should not be used often.

Mayonnaise Dressing. This dressing is useful to give occasional variety.

Cream Dressing. This is a rather heavy dressing, and should not often be used. It should be diluted with a dash of vinegar.

Salad with Hard-boiled Egg. A sliced hard-boiled egg goes well with salads, especially one composed of lettuce.

Mustard Dressing. Add a very little mustard to a *vinaigrette* or cream dressing. This is good with celeriac or celery salads.

Garlic in Salads. Where the flavour of garlic is desired rub a clove of it on a piece of bread, and add this to a salad dressed with a *vinaigrette* sauce.

Dressing made with Chives and other Herbs. Add chopped chives, tarragon, chervil, or parsley to an undressed salad or one made with oil and vinegar. Nasturtium seeds may also be included.

Fruit with Green Salads. A green salad, without any dressing, combines well with cut-up apples or pears. These may, however, be served on a separate plate and eaten at the same time as the green salad.

Salads macerated in Vinegar. These are salads which have been allowed to stand for from twelve to twenty-four hours in vinegar. Certain persons can digest this form of salad more easily than a fresh one.

SALADS OF WILD PLANTS

Certain wild plants may be used instead of cultivated ones in the making of salads: wild dandelion, lamb's lettuce (corn

salad), dock-cress, wild lettuce (which is very soothing), the young shoots of hops, and even the leaves of pimpernel and shepherd's purse (picked before the plant has grown its flowers).

15. CONDIMENTS

By the word 'condiment' we here mean anything that will add to the flavour or appetizing smell of a dish; or help to develop its own natural flavour; or lessen its insipidity. This definition of the word allows us to include not only salt, spices, aromatic herbs, etc., but such fatty substances (butter, oil) as are required in browning food in the oven or in frying it. The processes by which food is browned are also included under this heading.

The Part played by Condiments in Food. The savoury quality of food plays an important part in exciting reflex secretion of the gastric juices, a fact which the physiologist Pavlov has definitely proved by experiment. The savoury taste and smell of food provoke appetite, cause the mouth to water, facilitate mastication, hasten digestion, and excite peristaltic action not only in the stomach, but in the intestines. Certain highly nervous people, small eaters, etc., are difficult to feed. Appetizing food is a necessity for them, and if they are kept to flavourless, salt-free food they will lose what appetite they have, digest with difficulty, become constipated, lose strength, grow thin, and gradually decline. On the other hand, if they are given varied fare, delicately flavoured and cooked, they will regain appetite, be cured of constipation, put on weight, and in general revive. At the same time, it must be remembered that there is always a danger of developing an exaggerated taste for stimulating food. The condiments used therefore must not be strong ones. Salts, spices, aromatic herbs, and acids should be added in small quantities only, or the palate, accustomed to their stimulating effect, will require them in ever-increasing quantity. Such indulgence will result in a weakening of the digestive juices, gastric and intestinal troubles will ensue, and

in the end strength will be lost and the body become susceptible to germs of disease.

VARIOUS CULINARY PROCESSES WHICH MAKE FOR FLAVOUR IN FOOD

The Bain-marie. There is no more useful and delicate way of cooking certain dishes than in a *bain-marie*. A proper equipment can be bought, but it is unnecessary and expensive. All that is required is a saucepan in which to place the food and another vessel, filled with water that is never allowed to come to a quick boil, for the saucepan to stand in. Food cooked in this way does not come into direct contact with the heat. Food should always be warmed up in a *bain-marie*.

Braising. Food that is braised is cooked with a little butter, oil, or some liquid in a closed pan. Braising is most successful when top as well as bottom heat can be provided.

Decoctions. A decoction of flowers or vegetables is made by boiling them for a given period in water.

Frying. Food that is to be fried should be plunged into a large pan containing plenty of boiling white oil. When frying potatoes the oil should be moderately hot only, but for fritters, croquettes, and all egg-and-breadcrumbed dishes the oil must be very hot. It is essential that the surface of such food should be hardened and browned very quickly.

To Cook au Gratin. Food cooked in this way is placed in a fireproof dish in the oven, in order that it may get a crisp brown surface. The same effect may be obtained by browning it in a little oil or butter in a frying-pan.

To Grill. To grill is to cook food without the addition of any liquid, under or over a clear flame or gas.

Infusions. Infusions of leaves and flowers are made by pouring boiling water over them. They must then be allowed to stand for some time, closely covered (away from the fire), so that their fresh natural flavour and qualities may be drawn out from them.

To Simmer. To simmer is to boil so gently that scarcely any movement in the liquid in the pan is visible.

To Poach. To poach is to cook food in a boiling liquid, such as water to which a little vinegar has been added, vegetable stock, or milk, without the addition of any fatty substance.

To 'Sauter.' This word, for which we have no equivalent in English, means to brown in oil or butter, turning or tossing whatever is being thus cooked so that it is coloured on both sides.

CONDIMENTS WHICH SHOULD BE AVOIDED

There are a number of chemically prepared essences and flavourings on the market for use in making sweets and confectionery. These should be avoided, for they are the product of harmful chemicals. Nor should manufactured extracts of meat, soups, or sauces be used, for they often contain toxines, and are over-concentrated and strong. Nor should the fat of animals, such as lard, bacon-fat, beef or veal suet, be employed for frying. Margarine should not have a place in vegetarian cookery.

Alcoholic drinks, such as liqueurs, brandy, rum, or even wines that have not been de-alcoholized by burning (see p. 233), should never be taken. Nor should the stronger spices—ginger, mixed spices, pimentos, cummin, aniseed (except in honey-cakes), horse-radish. Excess of pepper, garlic, or vinegar should be avoided. The violent acidity of tomatoes and lemons, of which such a crazy use is made in sauces and sweets, constitutes a real scourge for people suffering from arthritis, enteritis, liver trouble, kidney disease, anæmia, rickets, tuberculosis, or lack of mineral salts. Sorrel, another very acid condiment, should also be banned. Cherry-laurel, which gives a flavour of almonds to food, contains prussic acid, and must not be used in cookery. Nor is angelica recommended.

AROMATIC VEGETABLE CONDIMENTS

There are a great many herbs, leaves, and seeds which provide varied flavouring in vegetable cookery, such as thyme, bay-leaves, parsley, tarragon, chervil, sage, mustard, cloves,

pepper (in small quantities), nutmeg, saffron, cinnamon, and vanilla.

Among the strongly flavoured vegetables garlic and shallots (both in very small quantities), onions, leeks, chives, and asparagus are useful. For giving additional flavour to salads radishes, watercress (in moderation), turnips, cabbage, and rocket are permitted.

In addition to these we may add celery, orange-flowers, and both flowers and seeds of the nasturtium plant. Black olives will suggest the flavour of meat in certain dishes. Green olives, gherkins, capers (but these are not greatly recommended), and mushrooms are useful in cooking. The cocoa from which chocolate is made is excellent for giving flavour to sweets and sauces.

The only vegetable fat which can be recommended is oil. Olive oil is an irritant which frequently affects the skin and mucous membranes. Sweet olive oil may also be harmful in its effect, though less pronouncedly. We recommend white or ground-nut (*arachide*) oil for cooking. If it is used in small quantities only it will be found to agree with persons suffering from arthritis or dyspepsia. It must be admitted, however, that if oil is used in making cakes and pastry sweet olive oil will give a pleasanter flavour than white oil. When mixed with flour this oil becomes more digestible. White oil keeps its natural qualities in the same way that sweet olive oil does, and it goes through the same process of purification in manufacture. Walnut oil, the flavour of which is very delicate, is not always easily digested.

Dried Herbs. Tarragon, chervil, and parsley, all of which are so useful in cookery, are not always easily obtainable in their fresh state in winter. They should therefore be picked when at their best in summer, and hung up in an airy room to dry. After drying, put them away in labelled cardboard boxes. Thyme, sage, and bay-leaves can be treated in the same manner.

The Bouquet. This is made up of a variety of herbs (thyme, bay-leaf, parsley, tarragon, chervil, sage) tied up in a bunch.

THE REAL STIMULANTS

Tea, coffee, and maté can be taken unless a severe diet is prescribed. (Tea made of buds instead of leaves is less of a stimulant.) Wine must not be used in cooking unless it has been burned. The process described below, while destroying the alcohol contained in wine, leaves its natural flavour. Home-made vinegar, in which the alcohol of wine is transformed into acetic acid, is more digestible than shop-bought vinegar.

Burnt Wine. Boil up the wine in a covered saucepan. When it bubbles put a lighted match to it, keeping the flame alive as long as possible. Stir the wine continually, lifting it up by spoonfuls and letting it fall back into the pan.

Home-made Vinegar. Put a small piece of the viscous 'mother' of vinegar (this may be obtained from any maker of vinegar) into a small barrel. Add red or white wine, but a little at a time only, so that the 'mother' of vinegar will not be overpowered and destroyed by the alcohol contained in it. When the first lot of wine has acidified, more can be added from time to time—but always in small quantities. When the vinegar is ready two pints of wine may be added to the barrel for every pint that is taken out. Keep the barrel covered with a fine-meshed piece of wire netting.

SALT

Certain nervous persons cannot tolerate salt. The contraindications (œdema caused by albuminuria) should not be considered indiscriminately. Salt is a good condiment provided it is not used to excess. A salt-free diet is rarely indicated. It certainly has been abused.

SUGAR

Refined sugar made from beetroot, cane, or maple is not a physiological food, nor is it a wholesome one. It should be used as a condiment only, and taken in small doses. It may, however, be mixed with floury, starchy, and oily (chocolate) foodstuffs, for they will lessen its harmful effects. Cane-sugar

is preferable to beet-sugar. In many cases honey may be used as a substitute for sugar.

Caramel Sugar. In order to coat the inside of a mould with caramel sugar put six lumps into it. Pour as much water over them as they will absorb. Set the mould (which must be a solid one) over very gentle heat, and stir the liquid until it turns a deep red-brown. Then turn the mould in every direction, so that all of it will receive a thin coating of caramel. If the sugar is browned over very strong heat there will be a risk of melting the lining of the mould. Caramel sugar may also be made in a small solid copper saucepan and poured into the mould. The coating should be allowed to cool before the pudding mixture is added.

Chocolate. Chocolate, although a manufactured product, is useful as a food, and is mildly stimulating. As already pointed out, the association of commercial sugar with an oily fruit (cocoa) makes it much less of an irritant.

Chocolate (as a Drink) made with Water. Chocolate made with milk is constipating, difficult to digest, and heavy for the stomach. If made with water it digests easily, and does not constipate. It may take the place of afternoon tea. Allow half a large bar of chocolate to each half-pint of water. Cut it into small pieces. Pour boiling water over it, set it on the fire, and stir it continually while it boils for a few minutes. A vanilla bean may be added if desired. Chocolate is better taken as a drink than as a sweetmeat.

ANIMAL CONDIMENTS (NOT THE FLESH OF ANIMALS)

Butter and cheese (especially Gruyère and Parmesan) will be found very useful in giving flavour to a number of dishes.

SAUCES

These liquid condiments are very useful in giving flavour to what might otherwise be insipid or flavourless. We recommend, however, that they should be used in moderation, especially the more highly flavoured ones.

16. JAMS AND HONEY

The abuse of sweetmeats and the use of commercial sugar must be counted among the principal culinary mistakes. A certain amount of sugar is necessary for the proper functioning of the human organism, but it should be taken as nature offers it—either in ripe, sweet fruit or concentrated in the form of honey.

Fruit in winter, and even in summer, unless it is of the best quality, should be supplemented with honey, honey-cake, or jam made with honey. The association of honey with fruit in jam is the most natural, and in diet clinics it has been proved to be much more digestible than the usual mixture of fruit and cane- or beet-sugar. We therefore recommend the addition of honey to all jam. Even those who cannot eat honey unmixed with any other food can do so when its slightly irritant quality is softened by association with fruit. It must be admitted, however, that there are certain nervous subjects who do not like either the taste of honey or the aromatic elements of which it is comprised. Such people must be allowed small quantities of jam made with ordinary sugar. Many people suffering from arthritis are unable to digest honey, even in jam, during a very hot year.

BOUGHT JAMS

There is always a risk that bought jam has been made with poor materials and greatly adulterated with marrow, carrots, etc. It is also often made of unripe fruit, which will cause acidity, and occasionally of dried fruit. Immature fruit is often used for jellies, and tartaric acid frequently enters into their composition. Cheap jams almost always contain gelose, starch, and glucose, while beetroot, pumpkin, and carrots are employed in their manufacture. Flavour is given to them by the addition of chemical acids. It is therefore of the highest importance to health that jams should be made at home.

JAMS MADE WITH SUGAR

Jam can be made of whole fruits or with fruit that has been put through a sieve. We do not recommend jellies made of

any very acid fruits except apples, black currants, and quinces.

Jams made of acid fruits are as bad for the digestion as uncooked unripe fruits. Sugar disguises to a certain extent, but does not destroy, acidity. It is for this reason that we do not recommend persons suffering from weak digestion, from lack of mineral salts, or from arthritis to eat jam made of Alpine strawberries, black or red currants, oranges, rhubarb, tomatoes, or even cherries, since the cherries best suited for preserving are very sour. Quince jam is very constipating, and should be seldom eaten, and then only as an anti-diarrhœic medicine.

Jam should be made of the best fruit—that is, fruit which is ripe and good enough to eat uncooked. A pound of sugar will be required for every pound of fruit weighed after it has been stoned and prepared. It is a bad practice to use less, for too little will necessitate longer cooking in order to reduce the fruit to its right consistency. Long boiling spoils the fresh flavour of fruit. Cane-sugar is preferable to beet-sugar.

It is impossible to give the exact time it takes to make jam: this varies according to conditions. It will depend upon the heat of the fire (it must not be too great or there will be risk of burning); upon the amount of fruit which is contained in the pan (the less there is the quicker it will cook); and upon weather conditions (a rainy season will produce watery fruits, which will require longer boiling).

Preparation of the Fruit, etc. Mix together in a large copper pan equal quantities of prepared fruit and cane-sugar. (An aluminium pan will serve, but tin must never be used, for this metal discolours fruit.) Start cooking over very gentle heat. Stir continually with a copper skimmer or wooden spoon, removing the scum as it rises. It is easy to recognize the moment when the jam has boiled sufficiently. Dip the skimmer in the jam, and hold it over the pan, slightly tilted. If the juice runs together on the edge of it and falls slowly in large drops the jam is ready. There are other tests. Put a drop of the juice into cold water, and if it falls to the bottom without dissolving

and mixing with the water the jam is ready. (A few drops put on a plate should remain more or less solid when cold.)

The safest way, however, of ascertaining the moment when jam should be taken off the fire is by the use of a saccharometer, as recommended in making jams with honey. When the saccharometer registers 93 or 96 degrees take the pan off the fire. Leave the jam for a few minutes, and then fill the jars, which should have been sterilized in the following way. An hour before they are required put a little sulphur powder on a dish. Set light to it. Hold the mouths of the jars over the flame for a moment, then set them on the table upside-down, so that the vapour inside them may be shut in and do its work of sterilization. After the pots have been filled set them aside for several hours. Have ready a number of rounds of paper cut to fit them, dip each in rectified glycerine mixed with a third its weight of water, and place them on the jam. (The glycerine is a very powerful anti-ferment, and is no more injurious than alcohol. It will prevent mould from forming on the jam.) When a pot is opened the top layer may be lightly scraped off and any trace of glycerine removed. Cover the pots with a double layer of thick and absolutely clean paper, to exclude dirt and germs.

Jam jars may also be covered with single rounds of white paper which have been dipped into the white of egg. Put them on while the jars are still hot, pressing them well down with the palm of the hand. When these covers are dry they will be stiff and airtight.

Another Method. The evening before the jam is to be made thoroughly mix together fruit and crystallized sugar. Leave the mixture in a very large bowl overnight. Then cook as directed above. This method is satisfactory in that it draws out the juices of the fruits. This facilitates the penetration of the sugar; it also shortens the period of cooking and prevents the jams from liquefying after they are cooked, which occasionally happens, especially with the larger fruit.

Plum Jam. Greengages, red plums, and mirabelles make the best jams. Do not use any very watery varieties.

Apricots. The best apricots are those with rough skins and which are grown in the open.

Peach Jam. If possible use peaches that have been grown out of doors in the open.

Pear Jam. Choose varieties with very firm flesh.

Strawberries. The small *quatre saisons* (or Alpine) strawberries are very acid. Choose large sweet ones.

'Hubbard' Squash Jam. Cut the squash into small pieces. Cook in a little water. Before it becomes too mushy put it through a sieve. Weigh the *purée*. Make a syrup with its weight of crystallized sugar and a little water. Add the fruit pulp and a vanilla bean. Cook until ready. Remove the bean.

Chestnut Jam. Peel the chestnuts as directed on p. 179. Cook them in water. Take them out, drain them, and put them through a sieve. Weigh them. Take their weight in crystallized sugar and add a little water, to make a syrup. Add the chestnut *purée* very slowly to the syrup, stirring hard all the time and breaking up any lumps. Add a vanilla bean. Boil for twenty minutes, stirring all the time. Remove the bean.

Grape Jelly. The grapes should be sweet and in perfect condition. Take them off their stems, discarding any that are not sound. Put them through a vegetable-presser, and then strain their juice through a piece of clean muslin. Put the juice into a copper pan and cook it very gently, stirring continually. Remove the scum as it rises, and cook until reduced to about half its original quantity. The best way of knowing when this jelly is done is to test it with a saccharometer. When the saccharometer registers 97 degrees take the jelly off the fire.

Pear and Grape Jam. Proceed in the same way as for grape jelly, but boil the juice until it is reduced by two-thirds. The saccharometer should register about 98 degrees when you take the jelly off the fire. Weigh it. Add to it its weight of firm-fleshed pears which have been washed, peeled, and cut in slices the thickness of a shilling piece. Add a piece of a vanilla bean. Set aside for twenty-four hours, and then boil up. Test by pouring a few drops of the liquid on a plate. If it jellies when cold the jam is sufficiently cooked.

JAMS MADE WITH HONEY

General Directions. These jams are more expensive, but infinitely more healthy, than those made with ordinary sugar. A light-coloured liquid honey should be selected for jam-making. Choose ripe fruit and prepare it, stoning, peeling, or coring it as required. Overnight put both fruit and honey in a large basin, adding two or three ounces over the pound of honey to one pound of fruit. Mix well together. Leave for twenty-four hours, and three times during this period stir well with a wooden spoon, raising up any deposit of honey that may have sunk to the bottom of the basin. This preliminary process is essential to the success of the jam, for without it the honey would not properly penetrate the fruit it is to sweeten. The long preparation also prevents the fruit from fermenting, which it may easily do if thrown together haphazard with the honey and cooked at once.

Fruit which has not been macerated with honey is also likely to give out its juice after it has been put into jars. This will dilute the concentrated honey-syrup, and may cause fermentation or mould. Should there be signs of either trouble the jam must be boiled up again after twenty-four hours.

If these jams are being made in country places it is best to do the cooking in the evening, otherwise the kitchen and the rest of the house even may be invaded by bees attracted by the smell of honey. If they must be made in the daytime keep both doors and windows closed.

Skim off the coarser scum which rises; the rest will disappear in the cooking. The time taken to make jam varies according to the heat of the fire, the amount of jam in the pan, the variety of the fruit, and weather conditions (a very wet season will produce watery fruit, which will need longer boiling). As a general rule fifteen to forty-five minutes will be enough. If a spoonful of jam put out on a plate sets when cold it is cooked sufficiently; but the best way of testing its readiness is to use in the following manner a saccharometer graduated for syrup-making. Pour some of the mixture of honey and fruit

juice before it is cooked into a cylindrical test-tube of 100 cubic centimetres capacity. The concentration of the mixture measured by the saccharometer may vary between 82 and 89 degrees. When the fruit is very sweet it will not reduce below 89 degrees the original degree of concentration of the liquid, or liquefied, honey (which varies between 106 and 110 degrees). The time necessary to cook the jam can then be shortened to between twelve and twenty minutes of actual boiling. If the fruit is of a non-mucilaginous and less sweet type (such as nectarines and peaches), the syrup of which after twenty-four hours of maceration does not register more than 82 degrees on the saccharometer, the boiling must be continued for from thirty to forty-five minutes. In order to determine progress, every quarter of an hour the test-tube should be three-quarters filled with juice taken from the pan. It should then be carefully cooled by holding it slightly inclined and turning it round its long axis under a running cold-water tap. Saccharometers are calibrated at a temperature of 15° Centigrade (59° Fahrenheit), so that unless the juice is cooled to about this temperature the reading of the instrument will be wrong. The cooking to the pearl or thread of granulated sugar corresponds to 91 or 92 degrees on the saccharometer. But as it is difficult to hit on 91 degrees exactly, it is better to over-cook the jam, and only to take it off the fire when the saccharometer registers 92 to 96 degrees.

Sterilize the pots as directed for jams made with sugar. Fill and cover them.

Plum Jam. Choose ripe plums of very firm texture. Cut them in half and peel them before putting them to macerate in the honey. When the saccharometer registers 95 degrees the jam will be done.

Mirabelle Plum Jam. The very small yellow cherry-plums need not be peeled. The larger late variety should have the skins removed. This jam will not need to be boiled as long as the preceding one.

Bilberry Jam. Crush the bilberries lightly with a silver fork before mixing them with the honey, so that its sweet-

ness may penetrate them easily. Finish boiling at 92 degrees.

Apricot Jam. Choose ripe, juicy apricots, and cut them in slices before mixing them with honey. If they are not absolutely ripe peel them.

Peach Jam. The peaches used should have been grown out of doors in the open. Plunge the fruit into boiling water for a few moments, in order to loosen the skins. Then peel them and cut them in thin slices. Mix with the honey as directed. This jam will take longer to make than plum jam. It will be ready at about 95 degrees.

Fig Jam. Choose very ripe figs. They must be juicy; dry ones are useless for making jam. Remove the stalks and the skin. Do not cook too long (thirty minutes is sufficient), or the jam will be over-concentrated, and therefore irritating to the mucous membranes of the stomach and intestines. Add a little water to the honey and fruit mixture. If the jam becomes too thick during cooking, add a little cold water and reheat very slowly.

Nectarine Jam. This is made in the same way as peach jam.

Pear Jam. Take good ripe eating pears. Proceed as for peach jam, but add a whole or half vanilla bean, according to the quantity of jam being made. It will be cooked at about 96 degrees. This is a very good jam.

Prune Jam. In winter, when fresh-fruit jams have given out, prunes may be used to provide an additional stock. Make an incision in each. Soak for twelve hours. Cook in plenty of boiling water. (If the jam is to be eaten by anyone suffering from indigestion change the water once.) Take out the prunes and drain them. Remove the stones. Weigh them. Put an equal quantity of honey in the pan, and add a very little water (one-fifth the weight of the honey). Boil for from five to ten minutes, skimming carefully. Add the prunes, and cook for half an hour.

Grape and Honey Jam. Choose very ripe sweet grapes, with thin skins—preferably muscats. Pick them over and wash

them. Dry them on a cloth. Remove the grapes from their stems and weigh them. Crush them in a bowl with a silver fork. Add twenty ounces of honey to a good pound of grapes, and mix well together. Macerate for twenty-four hours, stirring them two or three times during this period. Cook them, skins and pips included, until the jam is somewhat reduced. It will be done at 97 degrees. Let the jam cool a little before putting it into pots, or the pips and skins will rise to the surface. Stir well together.

Gooseberry Jam. We do not recommend this jam. Even if cooked without the skins the fruit keeps its acidity.

Chestnut Jam. Skin the chestnuts as directed on p. 179. Weigh them. Cook them in boiling water till tender, and then put them through a sieve. To every pound of chestnuts add twenty ounces of honey and four of water. Mix well together, and macerate for twenty-four hours. Put in the preserving-pan with a vanilla bean, and cook for twenty minutes. This is a very solid jam, and is not suited to persons with delicate digestions.

Pumpkin Jam. The 'Hubbard' squash, if obtainable, is best suited for making this jam. Cut it up into small dice. Cook in boiling water for ten minutes. Drain and cool. Mix with honey in the usual proportions. Macerate for twenty-four hours. Cook for twenty minutes with a vanilla bean.

Carrot Jam. Cut the carrots into thin strips with a very sharp vegetable-cutter. Cook them for twenty minutes in unsalted water. Drain them, and let them cool. To every fifteen ounces of carrot add nineteen ounces of honey. After twenty-four hours of maceration cook for twenty minutes with a vanilla bean, removing the jam from the fire when the saccharometer registers 97 degrees. This jam closely resembles candied fruit.

CAKES, ETC., MADE WITH HONEY

Boiled Honey. Certain persons object to the smell of honey in its natural state. As a rule the aroma may be lessened by boiling the honey for five minutes in a copper pan, after which

it should be put into pots for use. Add three tablespoons of water to every pound of honey, to prevent over-concentration. The irritant volatile essences will evaporate during boiling, and we have proved that honey in this form is very digestible. It has been noticed that persons who cannot tolerate fresh honey will get very thirsty if in the kitchen when jams are being made with it. This is because their respiratory passages are irritated by the volatile irritants escaping in steam.

Honey-cake. Mix ten ounces of dark honey with one glass of boiling water and one of boiling milk. Put on the fire, and stir steadily for ten minutes. Remove the pan from the fire, and when the mixture is lukewarm add it to half a pound of wheat flour and the same quantity of rye flour, which have been well mixed in a basin. Add half a teaspoonful of aniseed and either a good teaspoonful of bicarbonate of soda or a piece of crushed baker's compressed yeast the size of a cob-nut. Work together till you have a very smooth paste. Cover with a cloth, and set in a warm place overnight. Pour into a deep oblong buttered tin (a biscuit-tin will serve), put on the lid, and bake for from two to three hours, according to the heat of the oven. (Moderate heat is best.) Do not open the oven during the first twenty minutes. Then give the box a half-turn, and continue baking.

The use of bicarbonate of soda ensures a soft but compact honey-cake, which will last longer than one made with yeast. Yeast, however, is the more natural leaven. It will give a sweeter, firmer cake, which will not keep longer than from eight to ten days.

Nut Cakes (Croquants). Beat two whole eggs together, and add six ounces of liquid honey and a tablespoon of orange-flower water. Beat again for a few minutes. Add eight or nine ounces of flour, and work until you have a perfectly smooth paste. Have ready four ounces of almonds which have been baked in their skins and chopped very fine. Add them to the paste. Divide the paste into fairly wide strips. Put them on a buttered tin sheet, brush them over with the yolk of an egg, and bake in a slow oven, turning the cakes once. Cut into

wedge-shaped pieces when ready, and keep in a closely covered tin box.

Honey Waffles. Work together with a wooden spoon half a pound of sifted flour, two tablespoons of sweet olive oil, two tablespoons of orange-flower water, two whole eggs, five ounces of honey, and five of water. This should make quite a thick paste, but it must be liquid enough to pour. For cooking waffles see p. 130.

Meringued Bread Pudding made with Honey. See p. 172.

Hazel-nut and Honey Cake. See pp. 213-214.

Bourbon Bread with Honey. See p. 220.

Scotch Shortbread with Honey. This is better made with honey than with ordinary sugar. See p. 160.

Date and Honey Cake. Mix well together ten ounces of flour, five of honey, a teaspoon of baking-powder (see p. 134 n.), a pinch of salt, a pound of chopped dates (weighed before the stones are removed), and half a glass of water mixed with the same quantity of milk. Fill an oblong biscuit-tin (or a buttered tin mould) with the mixture. Put on the lid, and bake in a moderate oven. To find out when the cake is ready pierce it with the blade of a knife. If the blade comes out dry take the cake out of the oven.

Potato and Honey Biscuits. In a basin mix well together with a big fork seven ounces of flour and seven of potatoes that have been cooked in their jackets and when dry put through a sieve. Add four ounces of liquid honey, two ounces of melted butter, and a pinch of powdered cinnamon. Knead well together until the paste no longer adheres to the sides of the basin. Roll it out to a little more than an eighth of an inch thick. Cut out into rounds with a claret-glass. Bake on a buttered sheet of tin in a quick oven, turning the biscuits once.

Potato and Honey Cake. Make the paste as directed above, adding to it a quarter of an ounce of baking-powder. Roll out to the thickness of your thumb, and put it into round tart-tins. Bake in a quick oven, turning the cakes over once. They must be watched carefully while they bake.

Plum Pudding with Honey. Overnight put to soak in water four and a half ounces of well-washed currants and, separately, eight ounces of prunes, in each of which you have made a long incision. The next morning drain the fruit, remove the prune-stones, and chop it in small pieces.

Put seven ounces of sifted flour in a bowl. Make a hole in the middle of it, and into it put a small coffee-spoon of salt, a teaspoon of baking-powder, a pinch of powdered cinnamon, two whole eggs, five ounces of honey, and an ounce and a half of melted butter.

Mix eight ounces of breadcrumbs with the currants, adding fifteen Jordan almonds that have been roasted and chopped and the prunes. Add this mixture to the flour, etc. Fill a buttered tin with the paste. Cover with a sheet of buttered paper. Cook in a moderate oven. To see if the pudding is done pierce it with the blade of a knife. If the blade comes out dry it is ready.

Soufflé Fritters. See pp. 127-128. Substitute a tablespoon of honey for the powdered sugar.

Biscuits made with Honey. Mix the yolks of four eggs with three good ounces of liquid honey. Beat the whites to a stiff froth. Sprinkle four ounces of sifted flour on the yolks and give two or three turns with the spoon—just enough to mix, but no more. Add half the whites, stir, then add the rest and the honey. (The mixture should be very light and frothy.) Pour a tablespoonful of it at a time on to a piece of stiff white paper (it must not be buttered), leaving a space between each spoonful. Sprinkle with vanilla-flavoured sugar. Bake in a very slow oven, watching the biscuits carefully and turning them several times. Take them out directly both sides have browned lightly.

Madeleines made with Honey. Mix together the yolks of two eggs with three ounces of honey, adding an ounce and a half of melted butter and a tablespoon of orange-flower water. Then sprinkle into the mixture four ounces of flour and stir until you have a perfectly smooth batter. At the last moment add the well-whipped whites, stirring as little as possible, so

that the mixture may be very frothy. Bake in a slow oven in special madeleine-tins which have been lightly buttered.

Macaroons made with Honey. See p. 214.

17. HOW TO WARM UP LEFT-OVER FOOD

Cold left-over food is rarely appetizing. It is best reheated in a *bain-marie*, never over the direct action of the fire.

Bain-marie. The simplest form of *bain-marie*, by means of which food is heated by the indirect action of fire or gas, is made by placing a soup-plate containing the food over a saucepan of plain boiling water or water in which some other food is being cooked. The plate must be covered with a lid.

Or a soufflé-mould containing food can be stood in a large saucepan full of barely simmering water. This method, however, is more suited to the slow cooking of fresh materials. Dishes cooked in a *bain-marie* take longer than if put in the oven or directly over the fire or gas, but there is no better way of cooking compact mixtures which require gentle and uniform heat.

A double-boiler also serves for this purpose.

Croquettes, Vegetarian Cutlets, or Italian Pastes. All left-over vegetables and pastes can be used up by making them into croquettes.

Croquettes with Onion. Take a pound of left-over vegetables and mix with them a chopped medium-sized onion and some chopped parsley. Add the yolks of two eggs and sufficient breadcrumbs to give the mixture the desired consistency. Spread out on a floured board, divide into pieces of the right size, and roll them in the flour. Cook them in a buttered fire-proof dish in the oven, or in a little hot oil in a frying-pan.

Croquettes with Onion and Black Olives. Add a tablespoonful of chopped stoned black olives to the ingredients mentioned in the preceding recipe.

Croquettes with Mushrooms. To the ingredients mentioned in the preceding recipes add two ounces of chopped mushrooms that have been sautéed in hot butter.

Croquettes without Onions. Croquettes can be made without any onion for children or for dyspeptics. Follow the directions given in the preceding recipes. A little grated nutmeg may be added as flavouring.

Rissoles. Roll out some slightly salted pastry till it is the thickness of a penny piece. Cut it out in rounds with a small bowl. Cover each with left-over chopped vegetables, mushrooms, or Italian pastes sprinkled with Gruyère cheese. Fold over, moisten the edges (which should not have been covered with vegetables, etc.), and press them together. Fry them or bake them in the oven.

Globe Artichokes. These can be eaten cold with a *vinaigrette* sauce or warmed up with Béchamel sauce, *au gratin*, *à la Barigoule*, or used in a salmi. See recipes.

Asparagus. Asparagus can be warmed up and served with a sauce, *au gratin*, eaten cold, or used in an omelette.

The Whites of Eggs. If you have a little only of the whites left over add it to buttered eggs. If you have several whites left, use them to make a meringue, a batter pudding, or 'tears' (see below).

Baked Batter made with the Whites of Eggs. Put the whites of four eggs in a bowl, but do not beat them. Add five ounces of powdered sugar, and, a little at a time, the same quantity of flour. Then, having stirred in two ounces of melted butter, beat all together for fifteen minutes. Pour into a buttered mould, and bake for fifteen minutes in a slow oven.

'Tears.' Beat up three whites of eggs till they are frothy, but not too firm. Add four ounces of flour and four of powdered sugar that have been mixed together and rubbed through a sieve. Stir for a few minutes. Drop on to a slightly oiled tin sheet, and bake for from five to ten minutes in a slow oven. (The 'tears' should not be much larger than pastilles.)

Carrots. Carrots can be warmed up in a *bain-marie* and served with various sauces, used in *soufflés* or croquettes, or cooked *au gratin* with alternating layers of *purée* of potatoes.

Mushrooms. Warm up in a *bain-marie*, serve *au gratin*, in croquettes, or in an omelette.

Cabbage. Cooked cabbage can be chopped and sautéed and served with *croûtons* of fried bread, sautéed with chopped onion, cooked *au gratin*, warmed in a *bain-marie* with a white sauce, or used in salads or croquettes.

Spinach and Endive. See recipes for cooking these vegetables.

Gruyère or Parmesan. Any left-over pieces of Gruyère or Parmesan can be grated and used for dishes *au gratin*, with *gnocchi*, in an omelette, or with onion soup.

Brie. A very ripe Brie can be used in making *galettes Briardes*, p. 142.

French Beans or Scarlet Runners. These can be sautéed in butter, with or without the addition of a little chopped onion. Or they may be heated in a *bain-marie* and served with or without a sauce, or used in a salad or in croquettes.

Haricot Beans (Dried). These can be warmed up in the same way as French beans, or used in a vegetarian galantine (p. 178).

Yolks of Eggs. These can be used in an omelette, in buttered eggs, or to enrich a soup or sauce.

Lentils. These can be warmed up in a *bain-marie*, added to a salad, used in croquettes, or cooked *au gratin* in the oven with potatoes sautéed with chopped onion.

Macedoine of Vegetables. Mixed chopped vegetables can be served cold with a mayonnaise, used in croquettes, or warmed up in a *bain-marie* and served with a sauce.

Nouilles and Macaroni. These can be added to an omelette, or warmed up with a sauce in a *bain-marie*, added to croquettes, or cooked *au gratin*.

Bread. There is a great variety of ways of using up stale bread—as fried bread (*croûtons*), in an omelette (p. 121), and in various puddings. It can also be used in soups, or for bread sauce. A supply of breadcrumbs made of crumbled stale bread put through a sieve should be kept ready for use.

Potatoes. These can be warmed up by sautéing them with a little chopped onion, or put in an omelette, salad, croquettes, or *soufflé*, or cooked *au gratin*, or they may be heated in a *bain-marie* and served with a sauce.

Leeks. These can be eaten cold with a *vinaigrette* sauce, warmed up *au gratin*, used in croquettes, sautéed with potatoes, or added to an omelette.

Rice. Rice can be used for croquettes, soups, or sauces. (See Rice, pp. 163-169.)

Wine is used in making *matelote* sauce (p. 115), or for haricot beans *à la Bourguignonne*, or it may be utilized as vinegar.

18. DRINKS

Milk. Milk is a drink suitable only for small children. It should never be taken by adults in liquid form. All fermented drinks are unhealthy: wine is over-stimulating; beer is too heavy (it incites to further drinking and fattens); cider is too acid. Infusions and decoctions should not be taken as a general rule, for they lack mineral salts (boiling precipitates the mineral salts contained in water), and the addition of sugar unmixed with other foodstuffs overworks the digestive organs. The best, the healthiest, and the most strengthening of all drinks is ordinary pure, unboiled water. It is only when certain therapeutic corrections are required that there should be recourse to soothing, sudorific, stimulating, or laxative drinks. Such drinks, if taken, should be sweetened with a very little sugar rather than with honey, as to fulfil this purpose too much honey would have to be used, and this would tend to overwork both stomach and liver.

Solutions. Drinks made with syrups, honey, or gummy substances dissolved in cold water.

Decoctions. These drinks are prepared by long boiling, a procedure which destroys the original flavour of the herbs, etc., used.

Maceration. To macerate is to soak for a long period in water without cooking, or after long boiling.

Infusions, Herb Teas, etc. Infusions of tea or herbs are made by pouring boiling water over leaves contained in a pot or jug, which is then closely covered. Infusions will take from five to thirty minutes.

The quantity of flowers or leaves required for an infusion

made with a quart of boiling water varies from a third to two-thirds of an ounce, or thirty grains to an ordinary cup of water. The infusion should be allowed to stand covered for about ten minutes. Roots, woody stems, and seeds (such as aniseed, thyme, centaurea, liquorice, marshmallow) will take from fifteen to twenty minutes to infuse.

Soothing and Pectoral Herb Teas are made from mallows, marshmallows, lime-flowers, willow, orange-flowers, poppy seeds, colt's foot, lettuces. For a cough mixture the following ingredients in equal quantities are recommended: colt's foot, poppy, vegetable stock, marshmallow, and violets. Or, an even better prescription: mallows, marshmallows, vegetable stock, elder-flowers, and lime-flowers in equal quantities.

Stomachic and Stimulant Herb Teas are made of camomile, black currant leaves, coffee, tea-blossoms, tea-leaves, maté, St John's wort, yarrow, fumitory, mint, liquorice, hyssop, sage, thyme, sweet verberna, sarsaparilla, star-anise, hops, cinnamon, boldo, quassia, centaurea, orange leaves, and angelica roots.

Demulcent Herb Teas are made of marshmallow roots, elder-flowers, mallows, marshmallows, poppy heads, jujube, and lettuce.

Diuretic Herb Teas are made of cherry stalks, the stigmata of Indian corn; dandelion roots, liquorice, parietary, couch-grass.

Astringent and Anti-diarrhoeic Herb Teas are made of blackberry leaves, gentian, rice, nettle-flowers (the white variety), plantain, walnut leaves, rose petals, arnica, poppy heads, honey-lotus, and the root of rathany.

Sudorific Herb Teas are made of borage, mallow, marshmallow, elder-flowers, poppy heads, lettuce, lime leaves, and holly.

Laxative Herb Teas are made of burdock, peach-flowers, wild pansies, ash, linseed, barley, chicory roots, senna (one or two leaves cooked with prunes), holly berries (one-third to rather over one whole ounce).

Burdock is used in doses of from 90 to 120 grains for an adult. It should be boiled in the morning for eight minutes in three-quarters of a pint of water (use an enamel or porcelain

saucepan). Let it macerate all day. Then strain off the liquid, sweeten it, and drink it slightly lukewarm.

Vermifuge Herb Teas. Worm-seed; allow 90 grains for an adult, 7 grains for a year-old child, increasing the dose by 7 grains for each year.

Emetic Teas are made from ipecacuanha or wild pansies (a strong dose of the latter will be required).

Coffee. Pack the freshly ground grains in a coffee-pot provided with a filter, allowing an ounce for three persons, and pour boiling water over them.

Arabian Coffee. Have the coffee ground specially fine. Allow a teaspoonful for every coffee-cup of water. Boil up in a small copper pan. The moment boiling-point is reached remove the pan from the flame for a moment. Boil up three times. Give the coffee powder time to settle, then pour it out carefully. This is a stronger infusion than coffee made in the ordinary way.

Substitutes for Coffee. An attempt has been made to substitute various grains, etc., such as wheat, barley, and rye, for the coffee berry.

The majority of these substitutes are flavoured with essence of coffee. They are prepared by putting the ground article (one tablespoon per head) into cold water and letting it boil for ten minutes. This coffee can also be made in the Arabian way.

Tea. Heat the tea-pot. Throw away the water used, draining the pot thoroughly. Put in the tea, a teaspoon for each person, and pour fast-boiling water over it. Do not infuse for more than three or four minutes, or you will get the taste of tannin.

Orange-flowers with Tea. Make the tea with equal quantities of tea-leaves and orange-flowers. The mixture will be milder and less of a stimulant than if made of tea only.

Substitute for Tea. A substitute for tea can be made with the skin and cores of apples. Put them on a tin in a quick oven for a quarter of an hour or twenty minutes. They should then be dark brown. When they are cold put the bits into tightly covered tins. When required add a small handful (for four persons) to boiling water in a saucepan, put on the lid, and boil for five minutes. Use sweet, ripe apples.

Fresh Grape-juice. Wash the grapes under the tap. Put them into an earthenware bowl and crush them with a wooden pestle. Add half as much water as you have juice, and set the mixture aside for twenty-four hours. Strain off the liquid through muslin.

Orangeade. Melt a tablespoon of powdered sugar in half a pound of water. Add the juice of an orange.

Lemonade with Almond Water. Melt a tablespoon of powdered sugar in three ounces of water. Add a small wine-glass of almond milk, the juice of a lemon, and sufficient water to make a pint of lemonade.

Lemonade. Make the lemonade with Seltzer or other mineral water and lemon-juice.

Almond Milk. Put three ounces of Jordan almonds for a few moments into boiling water. Take them out and rub off their skins. Grate them, and pound them in a porcelain or marble mortar, adding a very little water to prevent them from becoming too oily. Dilute the 'milk' thus obtained from the almonds with a pound of cold water in which two ounces of powdered sugar have been dissolved, adding it very slowly and stirring all the time. Put through a linen cloth, and add three tablespoons of orange-flower water.

Barley Water. Cook two tablespoons of barley in a quart of boiling water for an hour, adding fresh water as the first lot evaporates. Put through a clean cloth. Add a little salt to it, or sweeten it with sugar or honey, or with a little fruit jelly. This drink is very useful in acute illness.

Rice Water. Substitute rice for barley and you will get a very useful drink for cases of diarrhoea.

Vegetable Tea. Boil together a potato, a medium-sized carrot, and the third of a leek, all finely chopped, in a quart of boiling water. Put the water through muslin or a cloth. This is a useful drink in acute illness.

Linseed Tea. Wash and dry a tablespoon of linseed. Crush the seeds with a rolling-pin. Cook them in a quart of boiling water for half an hour. Strain through two folds of muslin. Sweeten a little.

Chapter IX

MONTHLY LISTS OF VEGETABLE FOODS RATIONAL MENUS

1. Monthly lists of vegetable foods—2. Seasonal menus for adults—
3. Menus for children from two to ten years of age—4. Simplified menus—5. Menus suited to high altitudes—6. Menus for hot countries.

1. MONTHLY LISTS OF VEGETABLE FOODS

SINCE farinaceous foods (potatoes, rice, Italian pastes, semolina, various flours, and dried vegetables) can always be bought the following monthly lists contain fresh vegetables and fruit only.

We would point out that green peas should be eaten in early summer only and chestnuts in winter only.

From such vegetables as may be eaten uncooked we have designedly omitted those which might act as gastric irritants and those which the average person would find difficulty in digesting, such as garlic, shallot, onion, black radish, and horse-radish.

With regard to the digestibility of the various foods mentioned in the following lists, reference should be made to the three classes of food—pp. 75-77.

JANUARY

Green Vegetables for Cooking. Small green cabbage, red cabbage, Brussels sprouts, sauerkraut, batavia, cardoons, chicory (occasionally only), carrots, leeks, 'Hubbard' squash, and pumpkin.

Mushrooms. Fresh forced mushrooms and home-dried mushrooms.

Uncooked Vegetables for Hors d'Œuvre or Salads. Both red and green cabbages, Brussels sprouts (with their leaves), carrots,

potatoes, lamb's lettuce, celeriac, Jerusalem artichokes, wild chicory, dandelion leaves; a teaspoonful of grains of wheat (at the midday meal only). The wheat must be soaked for at least two days before it is eaten (see p. 224).

Sweet Fruits. Pears, apples, bananas, prunes, dates, persimmons, preserved grapes, raisins, green and black olives, almonds, cob-nuts, walnuts, chestnuts.

Acid Fruits. Lemons, oranges, tangerines, dried figs, apricots.

FEBRUARY

Green Vegetables for Cooking. Green cabbage, Brussels sprouts, sauerkraut, cardoons, endive (occasionally only), wild chicory, batavia, spinach, carrots, leeks, 'Hubbard' squash, and pumpkin.

Mushrooms. Fresh forced mushrooms and dried mushrooms.

Uncooked Vegetables for Hors d'Œuvre or Salads. Green cabbage, Brussels sprouts (with their leaves), carrots, potatoes, lamb's lettuce, dandelion leaves, celeriac, Jerusalem artichokes, wild chicory; soaked grains of wheat.

Sweet Fruits. Pears, apples, bananas, prunes, dates, raisins, green and black olives, almonds, cob-nuts, walnuts, chestnuts.

Acid Fruits. Lemons, oranges, tangerines, dried figs, dried apricots.

MARCH

Green Vegetables for Cooking. Savoy cabbage, Brussels sprouts (both sprouts and leaves), kale, sauerkraut, cardoons, chicory, endive, spinach, dandelion leaves, lettuce, carrots, leeks, 'Hubbard' squash.

Mushrooms. Fresh or dried.

Uncooked Vegetables for Hors d'Œuvre or Salads. Cabbage, Brussels sprouts (with their leaves), potatoes, carrots, dandelion leaves, lamb's lettuce, lettuce, endive, celeriac; soaked grains of wheat.

Sweet Fruits. Pears, apples, bananas, prunes, dates, raisins, green and black olives, almonds, cob-nuts, walnuts, chestnuts.

Acid Fruits. Lemons, oranges, tangerines, dried figs and apricots.

APRIL

Green Vegetables for Cooking. Cabbage, Brussels sprouts, kale, broccoli leaves, asparagus, chicory, spinach, dandelion leaves, lettuce, carrots, leeks, 'Hubbard' squash.

Mushrooms. Forced mushrooms and morels.

Uncooked Vegetables for Hors d'Œuvre or Salads. Cabbage, Brussels sprouts (with their leaves), carrots, potatoes, dandelion leaves, lamb's lettuce, lettuce, endive, asparagus, watercress, cauliflower, radishes, tarragon, chives; soaked grains of wheat.

Sweet Fruits. Pears, apples, bananas, prunes, dates, raisins, black and green olives, almonds, cob-nuts, walnuts, chestnuts.

Acid Fruits. Lemons, oranges, tangerines, dried figs and apricots.

MAY

Green Vegetables for Cooking. Cabbage, asparagus, round and long lettuces, cultivated chicory, dandelion leaves, spinach, carrots, globe artichokes, Swiss chard, leeks.

Mushrooms. Forced mushrooms and morels.

Uncooked Vegetables for Hors d'Œuvre or Salads. Cabbage, carrots, potatoes, round and long lettuces, dandelion leaves, chicory (wild and cultivated), tarragon, parsley, chervil, chives, onion; soaked grains of wheat.

Sweet Fruits. Apples, bananas, whiteheart cherries, green and black olives, nuts, chestnuts.

Acid Fruits. Strawberries, oranges, lemons, tangerines.

JUNE

Green Vegetables for Cooking. Cabbage, asparagus, lettuce, batavia, globe artichokes, French beans, broad beans, leeks, edible-podded peas, wild and cultivated chicory, aroche.

Mushrooms. Forced mushrooms and edible fungi.

Uncooked Vegetables for Hors d'Œuvre or Salads. Cabbage,

carrots, potatoes, lettuce, batavia, asparagus, edible-podded peas, French beans, green peas, globe artichokes, broad beans; soaked grains of wheat.

Sweet Fruit. Whiteheart cherries, strawberries, bananas, prunes.

Acid Fruits. Sour cherries, Alpine strawberries, oranges.

JULY

Green Vegetables for Cooking. French beans, butter beans (rarely), cabbage, edible-podded peas, lettuce, chicory, globe artichokes, celery, leeks, *courgettes*, tetragon, kohlrabi, aroche.

Mushrooms. Forced mushrooms; *cèpes*, *chanterelles*.

Uncooked Vegetables for Hors d'Œuvre or Salads. Cabbage, carrots, potatoes, lettuce, batavia, radishes, French beans, green peas, globe artichokes, kohlrabi, celery; soaked grains of wheat.

Sweet Fruits. Whiteheart cherries, pears, peaches, apricots, plums, gooseberries, fresh figs, bananas.

Acid Fruits. Sour cherries, Alpine strawberries, mulberries, red and black currants, raspberries, tomatoes, egg-plants.

AUGUST

Green Vegetables for Cooking. Scarlet runners, French beans, butter beans (rarely), Savoy cabbage, carrots, kohlrabi, lettuce, curly endive, batavia, tetragon, chicory, globe artichokes, aroche, little marrows (*courgettes*—see p. 191), celery, dandelion leaves, Swiss chard, leeks.

Mushrooms. Forced mushrooms; *cèpes*, other edible fungi.

Uncooked Vegetables for Hors d'Œuvre or Salads. Cabbage, carrots, potatoes, lettuce, curly endive, batavia, chicory, dandelion leaves, celery, radishes, French beans, cauliflower, globe artichokes, cucumbers; soaked grains of wheat.

Sweet Fruits. Plums, peaches, pears, nectarines, melons, grapes, fresh figs, bananas, gooseberries, green almonds, olives.

Acid Fruits. Red and black currants, mulberries, raspberries, tomatoes, egg-plants, windfalls.

SEPTEMBER

Green Vegetables for Cooking. French beans, scarlet runners, Savoy cabbage, carrots, globe artichokes, kohlrabi, lettuce, wild chicory, curly endive, batavia, Swiss chard, beetroot leaves, tetragon, spinach, leeks, little marrows (*courgettes*), celery, dandelion leaves.

Mushrooms. Edible fungi.

Uncooked Vegetables for Hors d'Œuvre or Salads. Cabbage, carrots, potatoes, lettuce, curly endive, batavia, wild chicory, dandelion leaves, lamb's lettuce, salsify leaves, celery, celeriac, French beans, cauliflower, globe artichokes, wheat.

Sweet Fruits. Plums, peaches, pears, bananas, cob-nuts, almonds, walnuts, olives.

Acid Fruits. Mulberries, raspberries, tomatoes, egg-plant, lemons, worm-eaten and green fruit, windfalls.

OCTOBER

Green Vegetables for Cooking. Cabbages, French beans, scarlet runners, tetragon, spinach, beetroot leaves, celery, carrots, artichokes, good King Henry, dandelion leaves, curly endive, lettuce, salsify leaves, chicory, leeks, marrow, pumpkin.

Mushrooms. Cultivated mushrooms; edible fungi.

Uncooked Vegetables for Hors d'Œuvre or Salads. Cabbage, Brussels sprouts, carrots, potatoes, celery, celeriac, endive, batavia, lamb's lettuce, lettuce, dandelion leaves, salsify, black salsify (leaves and roots), globe artichokes; soaked grains of wheat.

Sweet Fruits. Grapes, pears, apples, bananas, persimmons, fresh figs, olives, medlars, almonds, hazel-nuts, walnuts.

Acid Fruits. Sour apples, oranges, tangerines, lemons, dried figs and apricots.

NOVEMBER

Green Vegetables for Cooking. Cabbage, Brussels sprouts, cardoons, spinach, chicory, celery, curly endive, batavia, carrots, leeks, marrows, pumpkin.

Mushrooms. Fresh forced mushrooms and dried field mushrooms.

Uncooked Vegetables for Hors d'Œuvre or Salads. Red and green cabbage, Brussels sprouts, carrots, potatoes, lamb's lettuce, curly endive, dandelion leaves, salsify, scorzonera (leaves and roots), cauliflower; soaked grains of wheat.

Sweet Fruits. Pears, apples, grapes, medlars, persimmons, bananas, dates, prunes, chestnuts, green and black olives, almonds, hazel-nuts, walnuts.

Acid Fruits. Sour apples, oranges, tangerines, lemons, dried figs and apricots.

DECEMBER

Green Vegetables for Cooking. Red cabbage (rarely), green cabbage, Brussels sprouts, carrots, cardoons, leeks, batavia, spinach, chicory, marrow.

Mushrooms. Fresh forced mushrooms and dried field mushrooms.

Uncooked Vegetables for Hors d'Œuvre and Salads. Cabbage, Brussels sprouts, carrots, potatoes, lamb's lettuce, celeriac, Jerusalem artichokes, salsify, cauliflowers, cardoons; soaked grains of wheat.

Sweet Fruits. Pears, apples, grapes, bananas, medlars, persimmons, dates, green and black olives, chestnuts, raisins, almonds, cob-nuts, walnuts.

Acid Fruits. Sour apples, oranges, tangerines, lemons, dried figs and apricots.

2. SEASONAL MENUS FOR ADULTS

The menus which follow are adapted to the seasons of the year, but it is not intended that they should be carried out literally, in all circumstances and for all persons. They can be varied in many ways. Regard must be paid to weather conditions, to the resources of the town or countryside, to individual temperament or idiosyncrasy, to age, sex, and occupation, and to the capacity of the stomach in health and in illness. The nature of the seasons (dry or wet) involves, among other things,

a variation in the proportion of sugar allowed in the sweet course. When fruit is in perfect condition, ripe and sweet, sugared foods (puddings) can be cut down to a minimum.

On the other hand, attention should be paid to the need for variety which in a greater or less degree exists in most individuals.

Certain persons are easy to cater for, and do not require constant change. In their case the same menus, or combinations of food, can often be repeated if they have once proved satisfactory. The continual and systematic change of food which is called for by certain nervous subjects, who must be tempted by variety in order to eat well, would be unnecessary and even harmful in their case.

Finally we have made two lists of menus. The first, a full diet, is suited to persons who digest well; the second is simplified, and will be found useful in cases of serious dyspepsia.

We have not given any menus for breakfast. Personal preferences should be respected (see pp. 59-60). Experience will show what is best suited to individual needs.

JANUARY—FEBRUARY

Full Diet

Modified Diet

Midday

Uncooked *hors d'œuvre*: lamb's lettuce, red beetroot, wheat.
Boiled egg.
Potatoes with Béchamel sauce.
Baked chestnuts.
Brie.
Apples.
Mirabelle plum jam.

Uncooked *hors d'œuvre*: lamb's lettuce, wheat.
Potato croquettes.
Baked chestnuts.
Cheese.
Apples.
Mirabelle plum jam made with honey.

Evening

Cabbage soup.
Sautéd potatoes and cabbage.
Lamb's lettuce salad.
Camembert.
Semolina pudding.
Pear, almonds.

Cabbage soup.
Potatoes *au gratin à la Dauphine*.
Sautéd cabbage.
Lamb's lettuce salad.
Semolina pudding.
Pear, almonds.

Full Diet

Modified Diet

Midday

Uncooked *hors d'œuvre*: cabbage,
carrot, wheat.
Flour omelette.
Potatoes with Béarnaise sauce.
Rice cooked in sweetened milk.
Gruyère.
Banana, cob-nuts.

Uncooked *hors d'œuvre*: cabbage,
carrot, wheat.
Plain baked potatoes.
Rice à la *Brévannaise*.
Apple, cob-nuts.
Egg bread.

Evening

Leek and potato soup.
Leeks with white sauce.
Potato and lamb's lettuce salad.
Port-Salut.
Chocolate pastry custard.
Apple, tangerine.

Leek and potato soup.
Carrots, leeks, and potatoes.
Lamb's lettuce salad.
Saint-Nectaire cheese.
Apples, dates.
Egg bread.

Midday

Uncooked *hors d'œuvre*: lamb's let-
tuce, celeriac, potatoes, wheat.
Mushroom omelette.
Potatoes à la *Parisienne*.
Nouilles à l'Italienne.
Camembert.
Pear, cob-nuts.
Galette des Rois.
Honey.

The same *hors d'œuvre*.
Sautéd mushrooms.
Potatoes à la *Parisienne*.
Nouilles à l'Italienne.
Pear, cob-nuts.
Galette des Rois.
Boiled honey.

Evening

Crécy soup.
Potato *gnocchi*.
Cardoons à la *crème*.
Lamb's lettuce salad.
Cheese.
American nut bread.
Mirabelle jam made with honey.

Crécy soup.
Potatoes à la *maître d'hôtel*.
Cardoons with white sauce.
Lamb's lettuce salad.
Cheese.
Apple.
Mirabelle jam made with honey.

Midday

Uncooked *hors d'œuvre*: lamb's
lettuce, Brussels sprouts, car-
rots, wheat.
Egg *sur le plat*.
Lentil salad.
Coulommiers cheese.
Apple.
Honey.

The same *hors d'œuvre*.
Lentil and potato *purée*.
Galette made with egg.
Coulommiers cheese.
Apple.
Boiled honey.

Full Diet

Onion and cheese soup.
 Brussels sprouts with chestnuts.
 Lamb's lettuce salad.
 Pancake with jam.
 Orange, walnuts.

Modified Diet

Evening

Onion soup.
 Brussels sprouts with chestnuts.
 Lamb's lettuce salad.
Galette made with egg.
 Cheese.
 Apple.
 Jam made with honey.

Midday

Uncooked *hors d'œuvre*: green
 olives, green cabbage, lamb's
 lettuce, wheat.
 Buttered eggs *Grand'mère*.
 Chestnuts and marrow in a
ragoût of vegetables in season.
 Gruyère.
 Pear.
 Honey.

The same *hors d'œuvre*.
Ragoût of marrow and chestnuts.
 Pancakes.
 Saint-Nectaire cheese.
 Pear, dates.

Evening

Crushed wheat soup.
 Braised sauerkraut.
 Potatoes *à la Richelieu*.
 Lamb's lettuce and beetroot
 salad.
 Brie.
 Apple, almonds, raisins.

Crushed wheat soup.
 Braised sauerkraut.
 Potatoes *à la Richelieu*.
 Lamb's lettuce and beetroot
 salad.
 Gruyère.
 Apple, almonds, nuts, stewed
 prunes.

Midday

Uncooked *hors d'œuvre*: black
 olives, red cabbage, lamb's
 lettuce, wheat.
 Savoy omelette.
 Vegetarian galantine.
 Camembert.
 Apple, greengage.
 Jam made with honey.

The same *hors d'œuvre*.
 Plain-boiled potatoes.
 Vegetarian galantine.
 Apple.
 Cheese.
 Chocolate.

Evening

Browned flour soup.
 Potatoes *à la Provençale*.
 Carrot *soufflé*.

Browned flour soup.
 Potatoes *à la Provençale*.
 Lamb's lettuce salad.

Full Diet

Lamb's lettuce salad.
Camembert.
Pear.
Peach jam made with honey.
Grilled almonds.

Modified Diet

Pear.
Jam made with honey.
Grilled almonds.

Midday

Uncooked *hors d'œuvre*: celery,
lamb's lettuce, red cabbage,
wheat.
Swiss omelette.
Potatoes *à la bonne femme*.
Rice pudding.
Apple.
Honey.

The same *hors d'œuvre*.
Potatoes with Béchamel sauce.
Rice pudding.
Saint-Nectaire cheese.
Apple.
Honey-cake.

Evening

Red cabbage soup.
Red cabbage with chestnuts.
Dandelion salad.
Gruyère.
Apple dumplings.
Apple.

Red cabbage soup.
Red cabbage with chestnuts.
Dandelion salad.
Parmesan.
Apple dumpling.
Apple.

MARCH—APRIL

Midday

Uncooked *hors d'œuvre*: dandelion leaves, cabbage, carrot, wheat.
Omelette *fines herbes*.
Potatoes with a *matelote* sauce.
Camembert.
Apple pancakes.
Pear, dates.
Honey-cake.

The same *hors d'œuvre*.
Potatoes with a *matelote* sauce.
Apple pancakes.
Cheese.
Pear, dates.
Honey-cake.

Evening

Rice and marrow soup.
Brussels sprouts *à la maître d'hôtel*.
Vermicelli *soufflé*.
Lamb's lettuce salad.
Camembert.
Pear.
Bourbon apple bread.

Rice and marrow soup.
Brussels sprouts *à la maître d'hôtel*.
Saint-Nectaire cheese.
Lamb's lettuce salad.
Bourbon pudding.

Full Diet

Modified Diet

Midday

Uncooked <i>hors d'œuvre</i> : endive, cabbage, potatoes, wheat.	The same <i>hors d'œuvre</i> . Fried potatoes.
Boiled egg.	Apple-tart.
Fried potatoes.	Apple.
Coulommiers cheese.	Saint-Nectaire cheese.
Apple-tart.	<i>Galettes</i> .
Apple.	Chocolate.
Honey.	

Evening

Onion and cheese soup.	Onion and cheese soup.
Sautéd potatoes.	Boiled potatoes.
Dandelion leaves (cooked) served with <i>croûtons</i> .	Cooked dandelion leaves with <i>croûtons</i> .
Chicory salad.	Lettuce salad.
Roquefort.	Cheese.
Banana-tart.	Apple, banana.
Apple.	Chocolate.

Midday

Uncooked <i>hors d'œuvre</i> : dande- lion leaves, cabbage, carrot, black olives, wheat.	The same <i>hors d'œuvre</i> . Soufflé potatoes.
Eggs à la d'Orsay.	Croquettes of <i>nouilles</i> and mush- rooms.
Soufflé potatoes.	Cheese.
Croquettes of <i>nouilles</i> and olives.	Apple, prunes.
Gruyère.	Egg bread.
Apple, prunes.	

Evening

Quaker oats soup.	Quaker oats soup.
Potatoes à la <i>Lyonnaise</i> .	Potatoes à la <i>Lyonnaise</i> .
Spinach with sugar.	Spinach with sugar.
Lamb's lettuce salad.	Lamb's lettuce salad.
Camembert.	Chocolate <i>éclair</i> .
Chocolate <i>éclair</i> .	Cheese.
Apple, salted almonds.	Apple.

Midday

Uncooked <i>hors d'œuvre</i> : lettuce, chives, cabbage, wheat.	The same <i>hors d'œuvre</i> . Sautéd morels or mushrooms.
Morel or mushroom omelette.	Macaroni and cream.
Macaroni with cream.	Saint-Nectaire cheese.

Full Diet

Pont-l'Évêque.
 Apple fritters.
 Banana.
 Honey.

Modified Diet

Banana.
 Jam made with honey.

Evening

Soup à la Nevers.
 Rice with carrots.
 Lettuce salad.
 Camembert.
 Frangipane cream.
 Apple, grilled hazel-nuts.

Soup à la Nevers.
 Rice with carrots.
 Lettuce salad.
 Camembert.
 Apple, grilled hazel-nuts.

Midday

Uncooked *hors d'œuvre*: asparagus-tips, dandelion leaves, cabbage, carrot, wheat.
 Asparagus omelette.
Ragoût of vegetables.
 Dandelion salad.
 Brie.
 Apple.

The same *hors d'œuvre*.
 Vegetable *ragoût*.
 Dandelion salad.
 Apple.
Brioche.
 Chocolate.

Evening

Vermicelli and asparagus soup.
 Potato croquettes.
 Asparagus with *vinaigrette* sauce.
 Dandelion salad.
 Gruyère tart.
 Apple, dates.

Asparagus soup.
 Potato croquettes.
 Boiled asparagus without sauce.
 Cheese.
 Dandelion salad.
 Apple, dates.

Midday

Uncooked *hors d'œuvre*: lettuce, cabbage, carrot, tarragon, wheat.
 Buttered eggs with *fines herbes*.
 Vegetarian galantine.
 Camembert.
 Apple.
 Apricot jam.

The same *hors d'œuvre*.
 Potatoes with *maître d'hôtel* sauce.
 Vegetarian galantine.
 Parmesan.
 Apple.
 Chocolate.
 Stewed prunes.

Evening

Spring soup.
 Cabbage with *crouçons*.
 Indian corn meal *soufflé*.

Spring soup.
 Green cabbage with *crouçons*.
 Indian corn meal *soufflé*.

Full Diet	Modified Diet
Lettuce salad with hard-boiled eggs.	Lettuce salad.
Camembert.	Parmesan.
Apple.	Apple.
Jam made with honey.	Boiled honey.

Midday

Uncooked <i>hors d'œuvre</i> : dandelion leaves, chicory, cabbage, green olives, wheat.	The same <i>hors d'œuvre</i> without chicory.
Eggs <i>sur le plat</i> .	Sautéd edible fungi.
Sautéd morels or mushrooms.	Plain-boiled potatoes.
Boiled potatoes.	Lettuce salad.
Lettuce salad.	Neufchâtel cheese.
Neufchâtel cheese.	Apple.
Apple.	Madeleine.
Madeleine.	

Evening

Lettuce soup.	Lettuce soup.
Asparagus with Béchamel sauce.	Asparagus with Béchamel sauce.
Rice pudding.	Creole rice.
Lettuce salad.	Lettuce salad.
Camembert.	Gruyère.
Apple.	Apple.
Honey.	Jam made with honey.

MAY—JUNE

Midday

Uncooked <i>hors d'œuvre</i> : lettuce, cabbage, onion, wheat.	Uncooked <i>hors d'œuvre</i> .
Buttered eggs with asparagus-tips.	<i>Purée</i> of potatoes.
<i>Purée</i> of potatoes.	Sour-milk tart.
Sour-milk tart.	Apple.
Apple.	Honey-cake.

Evening

Polignac soup.	Polignac soup.
Asparagus with <i>vinaigrette</i> sauce.	Asparagus with cream.
Britannia pudding.	Britannia pudding.
Lettuce salad.	Lettuce salad.
Coulommiers cheese.	Cheese.
Apple, prunes.	Apple, prunes.

Full Diet

Modified Diet

Midday

Uncooked *hors d'œuvre*: lettuce,
radish, carrot, asparagus, black
olives, wheat.
Boiled egg.
Ragoût of vegetables.
Mushroom *croûtes*.
Gruyère.
Apple.

The same *hors d'œuvre*.
Ragoût of vegetables in season.
Mushroom *croûtes*.
Cheese.
Apples.
Galettes made with egg.
Chocolate.

Evening

Spring soup.
Edible-podded peas with *maître*
d'hôtel sauce.
Potato *soufflé*.
Lettuce salad.
Dutch cheese.
Banana.

Spring soup.
Edible-podded peas.
Potato *soufflé*.
Lettuce salad.
Cheese.
Banana.

Midday

Uncooked *hors d'œuvre*: lettuce,
radish, asparagus, cabbage,
wheat.
Omelette Clamart.
Chanterelles à la mode de Caen.
Brie.
Apple.
Jam.

The same *hors d'œuvre*.
Baked potatoes.
Chanterelles à la mode de Caen.
Cheese.
Apple.
Jam made with honey.

Evening

Saint-Germain soup.
Potatoes *à la Lyonnaise*.
Braised lettuces.
Long lettuce salad.
Camembert.
Almond cake.
Apple.

Saint-Germain soup.
Potatoes with Parmesan.
Braised lettuces.
Long lettuce salad.
Almond cake.
Apple.

Midday

Uncooked *hors d'œuvre*: long
lettuce, peas, cabbage, wheat.
Tarragon omelette.
Green peas *à la bonne femme*.
Fried apples.
Port-Salut.
Strawberries.

The same *hors d'œuvre*.
Green peas *à la bonne femme*.
Fried potatoes.
Saint-Nectaire cheese.
Brioche.
Whiteheart cherries.

Full Diet

Modified Diet

Evening

Peapod soup.
 French beans *à la maître d'hôtel*.
 New potatoes sauté.
 Lettuce salad with hard-boiled
 eggs.
 Sour milk.
 Strawberries.

Peapod soup.
 French beans *à la maître d'hôtel*.
 New potatoes sauté.
 Lettuce salad.
 Sour milk.
 Strawberries.

Midday

Uncooked *hors d'œuvre*: lettuce,
 carrots, green peas, cabbage,
 wheat.
 Egg *sur le plat*.
 Potatoes *à la Parisienne*.
 Green peas with sugar.
 Camembert.
 Whiteheart cherries.
 Honey.

The same uncooked *hors d'œuvre*.
 Potatoes *à la Parisienne*.
 Green peas with sugar.
 Saint-Nectaire cheese.
 Egg bread.
 Whiteheart cherries.
 Chocolate.

Evening

Lamballe soup.
 Braised new carrots.
 Broccoli *au gratin*.
 Lettuce salad.
 Coulommiers cheese.
 Cherries in batter.
 Strawberries.

Lamballe soup.
 Braised new carrots.
 Broccoli *au gratin*.
 Saint-Nectaire cheese.
 Lettuce salad.
 Cherries in batter.

Midday

Uncooked *hors d'œuvre*: lettuce,
 green olives, cabbage, potato,
 green peas, wheat.
 Asparagus omelette.
 Green peas *à la Française*.
 Potatoes *à la Richelieu*.
 Strawberries with sour milk.

The same *hors d'œuvre*.
 Green peas *à la Française*.
 Potatoes *à la Richelieu*.
 Strawberries with sour milk.

Evening

Carrot and green pea soup.
 Plain-boiled cabbage.
 Neapolitan *soufflé*.
 Long lettuce salad.
 Strawberry-tart.
 Cherries.

Carrot and green pea soup.
 Plain-boiled cabbage.
 Neapolitan *soufflé*.
 Long lettuce salad.
 Whiteheart cherries.

Full Diet

Modified Diet

Midday

Uncooked *hors d'œuvre*: long lettuce, radishes, cabbage, green peas, French beans, wheat.
 Egg *sur le plat*.
 New potatoes *château*.
 Vegetarian *vol-au-vent*.
 Strawberries with sour milk.

The same uncooked *hors d'œuvre*.
 Plain-boiled new potatoes.
 Vegetarian *vol-au-vent*.
 Sour milk.
 Whiteheart cherries.

Evening

Green soup.
 Globe artichokes *à la Barigoule*.
 Batavia salad.
 Camembert.
 Bread and cherry pudding.
 Strawberries with cream.

Green soup.
 Globe artichokes *à la Barigoule*.
 Batavia salad.
 Sour milk.
 Bread and cherry pudding.
 Whiteheart cherries.

JULY—AUGUST

Midday

Uncooked *hors d'œuvre*: long lettuce, radishes, cabbage, wheat.
 Mushroom omelette.
 Plain-boiled potatoes.
 Camembert.
 Peaches.
 Honey.

The same *hors d'œuvre*.
 Potato *gnocchi* made with Parmesan.
 Sautéed mushrooms.
 Peaches.
 Jam made with honey.

Evening

Leek and potato soup.
 Scarlet runners with *poulette* sauce.
 Potatoes *à la Lyonnaise*.
 Long lettuce salad.
 Cream cheese.
 Gooseberries.

Leek and potato soup.
 Scarlet runners and potatoes sautéed *à la Lyonnaise*.
 Long lettuce.
 Camembert.
 Gooseberries.

Midday

Uncooked *hors d'œuvre*: lettuce, green olives, cabbage, carrots, wheat.
 Boiled egg.
 Potatoes *à la Provençale*.
 Coulommiers cheese.
 Apricot-tart.
 Peaches.

The same *hors d'œuvre*.
 Potatoes *à la Parisienne*.
 Saint-Nectaire cheese.
 Apricot-tart.
 Peaches.

Full Diet

Modified Diet

Evening

Crécy soup.
Sautéd butter beans.
Carrot *soufflé*.
Batavia salad.
Brie.
Plums.

Carrot soup.
Sautéd French beans.
Carrot *soufflé*.
Batavia.
Saint-Nectaire cheese.
Plums.

Midday

Uncooked *hors d'œuvre*: long lettuce, cabbage, celery, potato, wheat.
Melon.
Chive omelette.
Nouilles with tomato sauce.
Camembert.
Nectarines, plums.

The same *hors d'œuvre*.
Melon.
Nouilles with eggs *à la Italienne*.
Potato and lettuce salad.
Nectarines, plums.

Evening

Farmer's soup.
Potatoes with browned onion.
Savoy cabbage *à la maître d'hôtel*.
Plums in batter.
Gruyère.
Gooseberries.

Farmer's soup.
Potato with browned onion.
Cabbage *à la maître d'hôtel*.
Plums in batter.
Parmesan.
Gooseberries.

Midday

Uncooked *hors d'œuvre*: long lettuce, cabbage, chives, wheat, globe artichokes.
Nasturtium omelette.
Vegetarian galantine.
Camembert.
Greengages.

The same *hors d'œuvre*, with the exception of chives.
Baked potatoes.
Vegetarian galantine.
Parmesan.
Greengages.
Chocolate.

Evening

Onion soup.
Globe artichokes with cream.
Mixed vegetable and lettuce salad.
Floating island.
Coulommiers cheese.
Figs, pear.

Onion soup.
Globe artichokes with cream.
Mixed vegetable with lettuce salad.
Floating island.
Parmesan.
Figs, pear.

Full Diet

Modified Diet

Midday

Uncooked *hors d'œuvre*: curly
endive, tarragon, cabbage, pot-
ato, wheat.
Egg *sur le plat*.
Potatoes *château*.
Rice *à la Condé*.
Camembert.
Pear, plums.

The same *hors d'œuvre*.
Potatoes *château*.
Rice *à la Condé*.
Dutch cheese.
Madeleine.
Pear, plums.

Evening

Parmentière soup.
Spinach with fried bread.
Potato *gnocchi* made with Par-
mesan.
Batavia salad.
Mirabelle tart.
Pear.

Parmentière soup.
Spinach with fried bread.
Batavia.
Dutch cheese.
Mirabelle tart.
Pear.

Midday

Uncooked *hors d'œuvre*: batavia,
cabbage, carrots, celery, wheat.
Hard-boiled egg with sauce.
Plain-boiled potatoes.
Cèpes à la Provençale.
Neufchâtel cheese.
Plums, figs.

The same *hors d'œuvre*.
Plain-boiled potatoes.
Cèpes à la Provençale.
Egg bread.
Neufchâtel cheese.
Plums, figs.

Evening

French bean soup.
French beans *à la maître d'hôtel*.
Potatoes *à la Normande*.
Camembert.
Frangipane cream.
Pear, plums.

French bean soup.
Plain-boiled beans.
Potatoes *à la Normande*.
Parmesan.
Pear, plums.

Midday

Uncooked *hors d'œuvre*: lettuce,
black olives, cabbage, radishes,
wheat.
Buttered eggs with mushrooms.
Potatoes *à la Voisin*.
Camembert.
Pear, grapes.

The same *hors d'œuvre*, with the
exception of radishes.
Potatoes *à la Voisin*.
Sautéd mushrooms.
Galettes made with egg.
Saint-Nectaire cheese.
Pear.
Chocolate.

Full Diet

Faubonne soup.
 Salmi of artichoke-bottoms.
 Coulommiers cheese.
 Peach-tart.
 Vanilla custard.
 Peaches, pear.

Modified Diet*Evening*

Faubonne soup.
 Salmi of artichoke-bottoms.
 Peach-tart.
 Saint-Nectaire cheese.
 Peaches, pear.

SEPTEMBER—OCTOBER

Midday

Uncooked *hors d'œuvre*: long lettuce, cabbage, chives, potato, wheat.
 Egg *sur le plat à la Savoyarde*.
 Camembert.
 Rice cooked in sweetened milk.
 Pear.

The same *hors d'œuvre* with the exception of chives.
 Baked potatoes.
 Cheese.
 Rice cooked in sweetened milk.
 Pear.
Brioche.

Evening

Leek and potato soup.
 Sautéd scarlet runners and potatoes.
 Chocolate custard cream.
 Camembert.
 Pear, peach.

Leek and potato soup.
 Sautéd beans and potatoes.
 Chocolate custard cream.
 Cheese.
 Pear, peaches.

Midday

Uncooked *hors d'œuvre*: curly endive, carrot, cabbage, chives, wheat.
 Boiled egg.
 Plain-boiled potatoes.
 Vegetarian *cassoulet* with *cèpes*.
 Brie.
 Pear, grapes.

The same *hors d'œuvre*.
 Plain-boiled potatoes.
 Cheese.
 Egg bread.
 Pear, grapes.

Evening

Vermicelli and onion soup.
 Potato cake.
 Globe artichokes with white sauce.
 Batavia salad.
 Brie.
 Peach *Bourdaloue*, grapes.

Onion soup with Parmesan.
 Globe artichoke with white sauce.
 Batavia.
 Peach *Bourdaloue*, grapes.

Full Diet

Modified Diet

Midday

Uncooked *hors d'œuvre*: batavia,
parsley, cabbage, potato, cel-
ery, wheat.
Mushroom omelette.
Sautéd *nouilles*.
Camembert.
Peach, pear, nuts.

The same *hors d'œuvre*, with the
exception of parsley.
Sautéd *cèpes*.
Sautéd potatoes.
Saint-Nectaire cheese.
Peaches, pear, cob- or hazel-nuts.
Egg bread.

Evening

Browned-flour soup.
Spinach with sugar.
Potato *soufflé*.
Long lettuce salad.
Port-Salut.
Sour-milk tart.
Pear, peaches.

Browned-flour soup.
Spinach with sugar.
Potato salad.
Saint-Nectaire cheese.
Long lettuce.
Sour-milk tart.
Pear, peaches.

Midday

Uncooked *hors d'œuvre*: lettuce,
celeriac, cabbage, wheat.
Potato omelette.
Lentils *à la mode*.
Camembert.
Peach jam.
Pear, grapes.

The same *hors d'œuvre*.
Sautéd potatoes.
Lentils *à la mode*.
Cheese.
Peach jam.
Pear, grapes.

Evening

Julienne soup.
Swiss chard cooked with butter.
Potatoes *à la Dauphinoise*.
Endive salad.
Pear turnovers.
Grapes.

Julienne soup.
Swiss chard cooked with butter
and potatoes.
Endive salad.
Cheese.
Pear turnovers.
Grapes.

Midday

Uncooked *hors d'œuvre*: long
lettuce, cabbage, carrots, black
olives, wheat.
Buttered eggs.
Souffléd potatoes.
Brie.
Meringued stewed fruit.
Grapes, pear.

The same *hors d'œuvre*.
Potato *gnocchi* with Parmesan.
Meringued stewed apples.
Grapes, pear.
Honey-cake.

Full Diet

Modified Diet

Evening

Cabbage, rice, and cheese soup.
 Sautéd cabbage and potato.
 Batavia salad.
 Camembert.
 Chocolate custard.
 Pear, walnuts.

Cabbage, rice, and cheese soup.
 Sautéd cabbage and potatoes.
 Batavia salad.
 Parmesan.
 Chocolate custard.
 Pears, cob-nuts.

Midday

Uncooked *hors d'œuvre*: batavia,
 celeriac, chives, wheat.
 Fried egg.
 Boiled chestnuts.
 Dutch cheese.
 Apple-tart.
 Grapes, hazel-nuts.

Hors d'œuvre: long lettuce, cab-
 bage, carrots, wheat.
 Boiled chestnuts.
 Plain-boiled potatoes.
 Apple-tart.
 Cheese.
 Grapes, hazel-nuts.

Evening

Marrow soup.
 Endive and fried bread.
 Potatoes *à la Lyonnaise*.
 Endive salad.
 Camembert.
Brioche.
 Jam made with honey.
 Grapes.

Marrow soup.
 Endive with fried bread.
 Potatoes *à la Lyonnaise*.
 Endive salad.
 Cheese.
Brioche.
 Jam made with honey.
 Grapes.

Midday

Uncooked *hors d'œuvre*: lamb's
 lettuce, cabbage, wheat, cooked
 beetroot.
 Egg *en cocotte*.
 Potatoes with black butter.
 Carrots *à la Vichy*.
 Roquefort.
 Apple, walnuts.

The same *hors d'œuvre*.
 Potatoes with *matelote* sauce.
 Carrots *à la Vichy*.
 Cheese.
 Pancakes with jam made with
 honey.
 Apple, hazel-nuts.

Evening

Bread soup with toast.
 Cabbage and chestnuts.
Crème renversée.
 Camembert.
 Apple, walnuts.
 Honey.

Bread soup with toast.
 Cabbage with chestnuts.
 Gruyère.
 Apple, almonds.

NOVEMBER—DECEMBER

Full Diet

Modified Diet

Midday

Uncooked *hors d'œuvre*: curly
endive, cauliflower, wheat.
Omelette *soufflé*.
Vegetarian *cassoulet*.
Gruyère.
Apple.
Honey.

The same *hors d'œuvre*.
Vegetarian *cassoulet*.
Cheese.
Brioche.
Apple.
Jam made with honey.

Evening

Valaisan soup.
Boiled cabbage.
Bread and apple pudding.
Endive salad.
Brie.
Grapes.
Honey-cake.

Valaisan soup.
Boiled cabbage and potatoes.
Endive salad.
Cheese.
Grapes.
Brioche.
Chocolate.
Almonds.

Midday

Uncooked *hors d'œuvre*: carrots,
potatoes, celeriac, lamb's let-
tuce, wheat.
Boiled egg.
Vegetarian *vol-au-vent*.
Pont-l'Évêque.
Prune-tart.
Apples, almonds.

The same *hors d'œuvre*.
Vegetarian *vol-au-vent*.
Prune-tart.
Apple.
Saint-Nectaire cheese.
Jam made with honey.

Evening

Faubonne soup.
Cardoons *au gratin*.
Indian corn meal pudding.
Lamb's lettuce salad.
Coulommiers cheese.
Grapes, pear.
Jam made with honey.

Faubonne soup.
Cardoons *au gratin*.
Indian corn meal pudding.
Saint-Nectaire cheese.
Pear, apple.
Lady's finger biscuits.

Midday

Uncooked *hors d'œuvre*: celery,
lamb's lettuce, wheat.
Potato omelette.
Haricot beans *à la Bourguignonne*.

The same *hors d'œuvre*.
Lentil and potato *purée*.
Cheese.
Stewed prunes.

Full Diet

Port-Salut.
Stewed prunes.
Pear.
Honey.

Modified Diet

Pear.
Honey-cake.

Evening

Santé soup.
Potato croquettes.
Sauerkraut with cream.
Lamb's lettuce salad.
Dutch cheese.
Apples, dates, cob-nuts.

Santé soup.
Plain-boiled potatoes with sauce
bonne femme.
Cabbage.
Cheese.
Lamb's lettuce.
Lorraine cake with nuts.
Apples, dates.

Midday

Uncooked *hors d'œuvre*: cabbage,
lamb's lettuce, olive, wheat.
Hard-boiled egg with white
sauce.
Baked potatoes.
Rice croquettes.
Camembert.
Pear, tangerine, walnuts.

The same *hors d'œuvre*.
Potato croquettes.
Pilaf of rice.
Saint-Nectaire cheese.
Madeleine.
Pear.
Chocolate.

Evening

Velouté soup.
Potatoes *à la Lyonnaise*.
Marrow *soufflé*.
Lamb's lettuce and beetroot
salad.
Camembert.
Apple.
Carthage cake.

Leek and potato soup.
Potatoes *à la Lyonnaise*.
Marrow *soufflé*.
Lamb's lettuce salad.
Saint-Nectaire cheese.
Apple.
Carthage cake.

Midday

Uncooked *hors d'œuvre*: endive,
dandelion leaves, cabbage,
wheat.
Grandmother's buttered eggs.
Roast chestnuts.
Potato *gnocchi* made with Gru-
yère.
Galettes Briarde.
Apple, cob-nuts, chocolate.

The same *hors d'œuvre*.
Roast chestnuts.
Potato *gnocchi* made with Par-
mesan.
Galettes.
Apple.
Chocolate.

Full Diet

Onion soup with Gruyère.
 Potatoes with Béchamel sauce.
 Sautéd Brussels Sprouts.
 Apple-tart *à la Batelière*.
 Pear jam.

Modified Diet

Evening

Onion soup.
 Potatoes *à la maître d'hôtel*.
 Boiled Brussels sprouts.
 Parmesan.
 Apple-tart *à la Batelière*.
 Chocolate.

Midday

Uncooked *hors d'œuvre*: cabbage,
 carrots, potatoes, olives, wheat.
 Grandmother's buttered eggs.
 Potato salad.
 Soufflé fritters.
 Camembert.
 Apple.
 Honey.

The same *hors d'œuvre*.
 Potato *purée*.
 Soufflé fritters.
 Cheese.
 Boiled honey.
 Stewed prunes.
 Apple.

Evening

Farmer's soup.
 Carrots *à la Vichy*.
 Rice cooked in milk.
 Camembert.
Crème renversée.
 Apple, prunes.

Farmer's soup.
 Carrots *à la Vichy*.
 Rice cooked in milk.
 Cheese.
Galettes.
 Apple, prunes.

Midday

Uncooked *hors d'œuvre*: lamb's
 lettuce, beetroot, cabbage,
 wheat.
 Egg *sur le plat*.
 Potatoes in pastry.
 Port-Salut.
 Pear.
Brioche.
 Jam made with honey.

The same *hors d'œuvre*.
 Potatoes in pastry.
 Vermicelli pudding.
 Cheese.
 Pear.
 Chocolate.

Evening

Vegetable stock soup with a
 poached egg.
 Brussels sprouts with chestnuts.
 Coulommiers cheese.
 Kugelhof.
 Jam.
 Apple, almonds.

Vegetable stock soup with rice.
 Brussels sprouts with chestnuts.
 Cheese.
 Kugelhof.
 Chocolate.
 Apple, almonds.

3. MENUS FOR CHILDREN FROM TWO TO TEN YEARS OF AGE

Menus for children under two years are given in Chapter VI (see pp. 77-82).

From two years onward milk as a drink should be given up. Milk can, however, be used in making soups, diluted with a third or half of its volume of water, and in puddings and cakes. The best drink for children is pure unboiled water—that is to say, water from which the mineral salts have not been eliminated.

Uncooked foods (wheat, vegetables, salads, and fruits) should be given at an early age, for they contain strengthening vitamins and mineral salts, and they will act like a tonic. But since a child's intestine is easily irritated, and since these uncooked foods are vitalizing even in the smallest doses, they should be given in very small quantities. The amount taken may very gradually be increased as the child grows older and its power of assimilation increases.

When wheat is given it should be well crushed on the plate on which it is served.

Even cooked vegetables should be eaten in small quantities up to four years of age, and at a more advanced age must still be served in moderation.

It cannot too often be repeated that strong acids such as are contained in oranges, tangerines, lemons, vinegar, tomatoes, sorrel, rhubarb, windfalls, or unripe fruit (even when cooked) should be avoided.

Peas, beans, etc., are best served in combination with a *purée* of potatoes.

In cases of mucous or skin inflammation, of angina, bronchitis, urticaria, furunculosis, and adenitis it will be found that the temporary omission from diet of all fruits and cooked green vegetables (including vegetable soups) will greatly relieve the symptoms of inflammation, provided the diet followed is in other respects synthetic and mildly heating only.

MENUS FOR NOVEMBER, DECEMBER, JANUARY, AND FEBRUARY

- Breakfast.* Quaker oats with milk diluted with water, a rusk,
Dinner. butter.
Boiled egg.
Vitamins: a few leaves of lamb's lettuce; twenty grains
of uncooked wheat which have been soaked and
crushed with a fork (see p. 224) and mixed with some
cooked vegetable.
Vegetarian galantine.
Camembert.
Banana.
Teaspoonful of peach jam.
As a drink, water.
- Four o'Clock.* Toast and butter.
Supper. Vermicelli soup made with half milk, half water.
Potatoes with Béchamel sauce and a teaspoonful of
purée of carrots.
Camembert.
Quarter of an apple.
Brioche and peach jam.
- Breakfast.* Vermicelli milk soup.
Dry toast and butter.
- Dinner.* Buttered egg.
Vitamins: lamb's lettuce, a spoonful of chopped raw
cabbage, and twenty grains of wheat.
Nouilles with white sauce.
Cheese.
Quarter of an apple.
Home-made honey-cake.
- Four o'Clock.* Bread and chocolate.
Supper. Browned-flour soup.
Potatoes *au gratin* with Gruyère.
Confectioner's vanilla cream.
Stewed prunes.
- Breakfast.* Semolina soup, toast, butter.
Dinner. Boiled egg.
Vitamins: a few chopped leaves of lamb's lettuce and
twenty grains of wheat.
Boiled chestnuts.
Camembert.
Quarter of an apple.
Grated almonds and chocolate.
- Four o'Clock.* Bread-and-butter.

- Supper.* Porridge.
Plain-boiled potatoes.
A little *purée* of artichoke-bottoms and white sauce.
Cheese.
Crème renversée.
Banana.
Chocolate.
- Breakfast.* Food made of two-thirds wheat flour and one-third whole flour.
Bread-and-butter.
- Dinner.* Flour omelette.
Vitamins: a pinch of chopped raw cabbage, crushed wheat.
Purée of lentils and potato.
Cheese.
Charlotte russe.
An apple and chocolate.
- Four o'Clock.* Rusks and butter.
- Supper.* Barley soup.
Purée made of potatoes to which a little plain-boiled cabbage is added.
Semolina pudding with apricot sauce.
Camembert.
Banana, dates.
- Breakfast.* Semolina soup.
Bread-and-butter.
- Dinner.* Vitamins: lamb's lettuce, wheat.
Potatoes with sauce *poulette*.
Souffléed fritters baked in the oven.
Gruyère.
Apple.
- Four o'Clock.* Bread, jam made with honey.
- Supper.* Soup made with vegetable stock and Italian pastes.
Plain-boiled potatoes with a tablespoon of chopped mixed vegetables.
Frangipane cream.
Camembert.
Banana.
- Breakfast.* Quaker oats.
Bread-and-butter.
- Dinner.* Boiled egg.
Vitamins: lettuce, wheat.
Potato croquettes.
Baked chestnuts.
Cheese.
Apple, boiled honey.

- Four o' Clock.* Bread-and-butter.
Supper. Vermicelli and onion soup.
 Baked potatoes.
 A tablespoon of cooked cardoons.
 Oatmeal pudding.
 Parmesan.
 Banana and grated cob-nuts.
Breakfast. Vermicelli and milk soup.
Dinner. Egg *en cocotte*.
 Vitamins: lamb's lettuce, wheat.
 Rice cooked in milk.
 Camembert.
 Apple.
 Greengage jam.
Four o' Clock. Bread and chocolate.
Supper. Barley soup.
 Potato *purée*.
 Roast chestnuts.
 Camembert.
 Meringued apples.
 Grated cob-nuts.
 Chocolate.

MENUS FOR MARCH, APRIL, MAY, AND JUNE

- Breakfast.* Soup made of wheat.
 Bread-and-butter.
Dinner. Boiled egg.
 Vitamins: chopped dandelion leaves, crushed wheat.
 Macaroni with butter.
 Camembert.
 Apple and chocolate.
Four o' Clock. Bread-and-butter.
Supper. Rice and marrow soup made with the yolk of an egg.
Purée of potatoes to which a tablespoon of *purée* of
 Brussels sprouts has been added, cooked *au gratin*
 with white sauce and grated Gruyère.
 Banana.
Breakfast. Vermicelli cooked in milk.
 Bread-and-butter.
Dinner. Omelette.
 Vitamins: lettuce, wheat.
 Apple turnovers.
 Cheese.
 Apple.
 Plum jam.

- Four o'Clock.* Bread and chocolate.
- Supper.* Quaker oat soup.
Purée of potatoes and spinach.
 Chocolate custard cream.
 Camembert.
 Apple.
- Breakfast.* Bread soup made of toast.
 Bread-and-butter.
- Dinner.* A hard-boiled egg crushed and mixed with Béchamel sauce.
 Vitamins: long lettuce, wheat.
 Potatoes boiled in their skins.
 Bourbon apple bread.
 Cheese.
 Banana.
- Four o'Clock.* Bread-and-butter.
- Supper.* Tapioca and milk soup.
 Rice and *purée* of carrots.
 Baked custard.
 Camembert.
 Banana.
- Breakfast.* Quaker oats.
 Bread-and-butter.
- Dinner.* Asparagus omelette.
 Vitamins: lettuce, wheat.
Navilles à l'Italienne or cooked with Parmesan.
 Sour milk.
 Gruyère.
 Apple.
 Chocolate.
- Four o'Clock.* Toast and butter.
- Supper.* Browned-flour soup.
 Chopped cooked dandelion leaves mixed with a *purée* of potatoes.
 Camembert.
 Banana.
Brioche with plum jam.
- Breakfast.* Cream of barley soup.
 Bread-and-butter.
- Dinner.* Egg *sur le plat*.
 Vitamins: asparagus-tips, lettuce, wheat.
Purée of lentils and potatoes.
 Camembert.
 Whiteheart cherries.
- Four o'Clock.* Bread and chocolate.

- Supper.* Vermicelli asparagus soup.
Asparagus-tips with Béchamel sauce.
Semolina cooked in sweetened milk.
Cheese.
Banana.
- Breakfast.* Soup with a few Italian pastes.
Toast and butter.
- Dinner.* Buttered egg.
Vitamins: batavia, cabbage, crushed wheat.
Plain-boiled potatoes.
Green peas *à la Parisienne*.
Brie.
Whiteheart cherries.
Peach jam.
- Four o'Clock.* Bread and chocolate.
- Supper.* Vermicelli and onion soup.
Mixed chopped vegetables with white sauce.
Rice pudding.
Camembert.
Banana, roasted and grated cob-nuts.
- Breakfast.* Quaker oats.
Bread-and-butter.
- Dinner.* Flour omelette.
Vitamins: lettuce, carrots, wheat.
Green peas *à la bonne femme*.
White cheese.
Strawberries.
- Four o'Clock.* Bread, jam made with honey.
- Supper.* New carrot and rice soup.
Asparagus with white sauce.
Camembert.
Brioche.
Boiled honey.
Banana.

MENUS FOR JULY, AUGUST, SEPTEMBER, AND OCTOBER

- Breakfast.* Semolina soup.
Bread-and-butter.
- Dinner.* Boiled egg.
Vitamins: lettuce, wheat.
Potato and vegetable *ragoût*.
Brie.
Peach, almonds.
- Four o'Clock.* Bread and chocolate.

- Supper.* Vermicelli and milk soup.
Sautéd French beans and potatoes.
Floating island with chocolate.
Camembert.
Apricot.
- Breakfast.* Quaker oats.
Toast and butter.
- Dinner.* Vitamins: lettuce, cabbage, wheat.
Flageolet and potato *purée*.
Baked vanilla custard.
Gooseberries.
Peach and honey jam.
- Four o'Clock.* Bread-and-butter.
- Supper.* *Velouté* soup with potatoes and leeks.
Nouilles with butter.
Cheese.
Pear.
Peach-tart.
- Breakfast.* Italian pastes in milk soup.
Bread-and-butter.
- Dinner.* Egg *sur le plat*.
Vitamins: carrots, long lettuce, wheat.
Potato croquettes.
Camembert.
Fresh fig.
- Four o'Clock.* Bread and chocolate.
- Supper.* Browned-flour soup.
Creole *purée* of potatoes with spinach.
Cheese.
Pear.
Lorraine cake.
Boiled honey.
- Breakfast.* Wheat food made with milk.
Bread-and-butter.
- Dinner.* Omelette.
Vitamins: lettuce, wheat.
Potatoes with white sauce.
Sautéd mushrooms.
Camembert.
Greengages.
Madeleine.
- Four o'Clock.* Bread-and-butter.
- Supper.* Cream of barley soup.
Purée of potatoes and carrots *au gratin* with cheese.
Open plum-tart.
Greengages.

- Breakfast.* Quaker oats.
Dinner. Potato omelette.
 Vitamins: batavia, cabbage, wheat.
 Semolina *gnocchi*.
 Camembert.
 Banana.
- Four o'Clock.* Bread and chocolate.
Supper. Crécy soup with rice.
 Potatoes and French beans *à la Lyonnaise*.
 Gruyère.
Crème renversée.
 Grapes, almonds.
- Breakfast.* Flaked barley soup, rusks, butter.
Dinner. Buttered egg with mushrooms.
 Vitamins: cabbage, wheat.
 Soufflé potatoes.
 Cheese.
 Plum jam, grapes.
- Four o'Clock.* Bread and chocolate.
Supper. Cabbage and vermicelli soup.
 Chestnuts and red cabbage.
 Camembert.
 Frangipane cream.
 Banana.
- Breakfast.* Vermicelli cooked in milk.
 Bread-and-butter.
- Dinner.* Boiled egg.
 Vitamins: endive, cabbage, wheat.
 Vegetarian *vol-au-vent*.
 Sour milk.
 Pears, cob-nuts, chocolate.
- Four o'Clock.* Bread-and-butter.
Supper. Lettuce and vermicelli soup.
 Sliced mixed vegetables with white sauce.
 Open tart of sour milk.
 Grapes.
 Madeleines.
 Boiled honey.

4. SIMPLIFIED MENUS

Certain items included in the previous series of menus may be considered too complicated to be prepared in homes where there is little time to devote to cookery; or they may be thought too expensive by those for whom economy is essential. We must

admit that it is impossible to cater for all classes and all needs in one set of menus; but the problem of simplification can be solved without in any way relinquishing the guiding principle which provides synthetic nourishment at each meal.

There exist, on the one hand, certain simple nourishing foods which can be bought and eaten without any but the simplest preparation. On the other hand, there are the synthetically prepared foods—*i.e.*, cooked dishes composed of a number of ingredients which are useful in the composition of a well-balanced, healthy, easily digested meal. These will certainly take time and care, but it is possible to make them in sufficient quantity to last over more than one meal—for two or three days even. In some countries during the harvest, when every hand is wanted, great batches of pies and tarts, fruit batters, and other dishes composed of milk, eggs, butter, flour, fruit, and sugar are baked. These, served with uncooked vegetables, cheese, and soup make up a well-balanced menu.

Among those foods that require very little preparation we would mention cheeses, jams, pastry, uncooked vegetables, salads, fruits, and dried fruits.

Among those dishes which are composed of various ingredients, and which are almost a meal in themselves, are *gnocchi* with cheese (butter, cheese, egg, and flour—potatoes prepared with rice, Italian pastes, semolina, or cereal flakes); farinaceous dishes *à la Brévannaise* (rice or potatoes, semolina, Italian pastes, cereals, with milk, eggs, cheese); cheese *soufflés* (made of various flours to which butter, milk, eggs, and cheese are added); Neapolitan *soufflé* (*nouilles*, mushrooms, Gruyère, eggs, butter); vegetarian galantine (vegetables, Italian pastes, egg, milk, butter, bread); Britannia pudding (egg, milk, bread, jam); fruit in batter (egg, butter, milk, flour, sugar, fruit); household *galettes*, madeleines, and *brioche*s (egg, butter, flour); souffléd fritters (egg, butter, flour); chocolate *éclairs* (egg, batter, flour, milk, chocolate); frangipane cream (milk, egg, butter, flour); diastased puddings (milk, cheese, chocolate or sugar, flour); apple turnovers (flour, egg, butter, fruit); potatoes in pastry (egg, flour, butter, cream); synthetic soups (taken with a

poached egg or thickened with a yolk, and containing cabbage, carrot, leek, lettuce, endive, French beans or scarlet runners, etc., potatoes, butter, cheese, various flours, vermicelli, rice, toast); omelettes made with flour and either jam or honey (eggs, butter, flour, sugar, fruit, honey); pancakes with fruit or jam (butter, egg, flour, sugar, fruit); egg bread or *galettes* made with egg (flour, oil or butter, egg) for cases of severe dyspepsia.

If any of these dishes is to form the one course of a meal for several hungry people the nitrogenous foods in them—eggs, cheese—can be increased. Double portions can be served.

Below are menus the preparation and cooking of which are reduced to a minimum :

Breakfast. Infusion (tea or herb), bread, butter or cheese, honey or jam or chocolate.

Middy. Salad, uncooked vegetables, wheat.

A boiled (soft or hard) egg, an egg *sur le plat*, or an omelette.

A boiled floury vegetable served with butter or sugar; sliced potatoes, *nouilles*, vermicelli or flaked cereals.

Fruit.

Cheese.

Honey, jam, chocolate.

Evening. A large bowl of soup made with a great variety of vegetables: cabbage, carrot, leek, fresh beans, spinach, lettuce, endive, asparagus, edible-podded peas, and pumpkin, served with butter, Gruyère, or a poached egg, or thickened with some kind of flour, or served with semolina, Italian pastes, vermicelli, rice, bread, browned breadcrumbs.

Salad.

Fruit.

Cheese.

Jam or chocolate.

The following list gives menus for meals which will require a little more preparation, but which contain one solid cooked dish only :

Middy. Uncooked vegetables and wheat.

Gnocchi with cheese or *à la Brévannaise*, or Neapolitan *soufflé*, *brioche*s with cheese, or diastased puddings.

Fruit, honey or jam or chocolate.

- Evening.* Onion and cheese soup.
 A plain-boiled green vegetable with potatoes.
 Salad.
 Fruit with *brioche*, *éclair*, or madeleine.
 Jam or chocolate.
- Midday.* Uncooked vegetables and wheat.
 Vegetarian galantine, Britannia pudding, or Bourbon apple bread, or fruit in batter, frangipane cream, apple turnovers, potatoes in pastry, flour and jam omelette, *galette*, *brioche*, potatoes *à la Richelieu*, or a pudding made with eggs and milk.
 Various cheeses.
 Fruit.
 Almonds, cob-nuts, dates, jam, honey, chocolate.
- Evening.* A soup made of potatoes and a green vegetable.
 What is left over from the midday meal of some dish made with eggs.
 Salad.
 Cheese.
 Fruit.
 Desert as for the midday meal.

It is absolutely unnecessary that travellers should feel obliged to eat long hotel meals, which contain much that is destructive to the mucous membranes of the digestive organs, such as fish, meat, and rich sauces. Wherever you stay you can order a boiled egg, plain-boiled or baked potatoes, Italian pastes, uncooked vegetables, cheese, bread, jam, or chocolate, and pure natural water, or the necessary food can be bought (hard-boiled eggs, cooked vegetables, cheese, salads, fruit). Pleasant provision for picnicking in fine weather is easily made: salads, crushed wheat, hard-boiled eggs (or eggs may be taken in the form of pastries — *éclairs*, *brioques*, madeleines), fruit, bread, roast chestnuts (in winter only), and chocolate.

5. MENUS SUITED TO HIGH ALTITUDES

MENUS FOR A QUIET DAY: THREE MEALS

- Morning.* Sour milk, bilberries or other mountain fruit in season, or fruits brought up from the valleys (cherries, apples, dates, prunes, etc.), black bread.

- Midday.* Salad and uncooked vegetables, wheat.
 Cheese or egg.
 Italian pastes, potatoes, rice or semolina, with vegetables—
 cabbage, carrot, leek.
 Stewed fruit.
 Rye bread.
- Evening.* Hot milk, or coffee with hot milk, or cheese.
 Pudding made of some cereal.
 Cooked or fresh fruit, or almonds and filberts.
 Rye bread, honey, and butter.

MENUS FOR A DAY ON WHICH AN EXCURSION ON FOOT
 IS TAKEN: FOUR MEALS

- Morning.* Hot milk or coffee, milk, honey, rye bread.
- Midday.* Salad, cooked vegetables, wheat.
 Egg.
 White cheese.
 Rye bread.
 Honey or fruit.
- Four o'Clock.* Bread and chocolate.
- Evening.* A milk pudding or Italian pastes with Gruyère cheese.
 Rice cooked in sweetened milk.
 Fruits.

MENUS FOR CLIMBERS: FIVE MEALS (SUCH AS SHOULD BE
 EATEN BY PERSONS DOING HEAVY MANUAL WORK)

- On Waking.* Crushed oats (porridge) and chocolate with milk
 (nothing solid).
- Nine o'Clock.* A raw egg or cheese, black bread, butter, honey.
- Midday.* Wheat.
 A raw egg.
 Black bread, butter, honey.
 Cheese.
 Tea or coffee.
- Four o'Clock.* Bread, chocolate or butter.
- Evening.* Hot milk, or macaroni with Gruyère cheese, or bread,
 cheese, and chocolate.
 Fruit.

To sum up, avoid eating large meals, especially the first thing in the morning, and avoid acids (lemons, oranges, tomatoes, and sour, unripe fruits), meat, fermented drinks, and tinned foods.

Bread made of imported wheaten flour.

As a drink, water.

For frying, palm or ground-nut oil.

Evening. Papaw soup, or soup made of leeks, sweet potatoes, marrow, onion, ground-nuts, or pea-nuts.

A starchy food: boiled, braised, or baked sweet potatoes, braised sweet manioc, rice pudding, marrow and rice *au gratin*.

Galettes made with honey.

Baked or braised bananas.

Sour milk.

Fruit.

Although these menus are not suited to every case, they will serve as general indications.

INDEX

- ACID foods, 81, 83, 84
 - fruit, 81, 83, 216
 - vegetables, 190-191
- Acidifying foods, 94
- Acids, 35-37
- Age and sex, variations in diet according to, 77-83
- Albuminuria, treatment of, 92-93
- Alcohol, 29-30
- Almond milk, 252
- Almonds, salted, 214-215
- Animals, flesh of, 30-32, 100
- Anthrax, treatment of, 96-97
- Appetite, three classes of, 71-72
- Apple bread, Bourbon, 220
 - Charlotte, 171, 219
 - dumplings, 217
 - fritters, 218
 - pancakes, 218
 - pudding, 132-133
 - and raisin pudding, 219
 - and rice Charlotte, 167
 - and rice pudding, 168
 - tart, 218
 - turnovers, 219
- Apples in batter, 220-221
 - à la bonne femme*, 217
 - cooked with butter, 217
- Apricots *à la Bourdaloue*, 216-217
 - meringued, 216
 - rice pudding with, 168
- Arachide*, or white oil, 46, 232
- Aroche, 197
- Arthritis, treatment of, 31, 33, 89-90
- Artichoke-bottoms *au gratin*, 205
 - ragoût* of, 206
 - salmi* of, 206
 - soufflé*, 207
- Artichokes, globe, 205-207
 - à la Barigoule*, 206
 - boiled, 205
 - à la Clamart*, 205
 - à la Provençale*, 206
 - purée* of, 207
 - uncooked, 205
- Japanese, 37, 212
- Jerusalem, 37
- Asparagus, recipes for cooking, 204-205
 - Au gratin*, to cook, 230
- BACON-FAT, 105
- Bain-marie*, the, 230, 246
- Baking-powder, 134 n.
- Banana flan, 217
- Bananas, baked, 217
 - purée* of, 217
- Barley water, 252
- Batters, buckwheat, 127
 - éclair*, 128
 - fritter, 127
 - nouilles*, 129
 - pancake, 127
 - soufflé* fritter, 127
- Beans, broad, 179
 - edible-podded, 204
 - dried, 33
 - edible-podded, 203
 - French—*see* French beans
 - haricot—*see* Haricot beans
- Beer, 48
- Beetroot, 210
 - leaves, 197
- Biscuits—*see* Cakes, little
- Bouquet, the, 232
- Braising, 230
- Bread, 43, 169-173
 - Bourbon apple, 220
 - brown, 43, 170
 - made with butter, 170
 - egg, 124
 - home-made, 169
 - milk, 170
 - pulled, 171
 - raisin, 170-171
 - rye, 170
 - squash, 194
 - soufflé*, 136
 - wheat and rye, 170
 - wholemeal, 33, 43, 169-170
- Breadcrumbs, browned, 171
- Breakfast, 59
 - menus, 278-289
- Brioche*, 129

- Broad beans, 179
 edible-podded, 204
 Broccoli, 211-212
 Brussels sprouts, recipes for cooking, 200-201
 Butter, 38, 105
 fresh vitamin-containing, 139-140
 CABBAGE, recipes for cooking, 198-200
 red, 200
 Cakes :
 American, 133-134
 with chocolate, 134
 Carthage, 214
 chestnut and almond, 213
 curdled milk, 139
 date and honey, 244
 galettes Briardes, 142
 made with egg, 124
 household, 134-135
 des Rois, 159-160
 hazel-nut and honey, 213
 honey, 243
 Kugelhof, 134
 Lorraine, 133
 with baked almonds, 133
 nut, 213
 potato and honey, 244
 Savoy, 134
 squash, 194
 Cakes, little :
 aniseed biscuits, 137
 biscuits made with honey, 245
 galettes, little, 137
 ladies' fingers, 137
 macaroons made with honey, 214
 made with chocolate, 214
 madeleines, 129-130
 made with honey, 245-246
 merveilles, 128
 nigger biscuits, 137
 potato and honey, 244
 oatmeal, 160
 sablés, 138
 shortbread, 160, 244
 tea biscuits, little, 160
 Calories, theory of, 55-56
 Cardoons, recipes for cooking, 207
 Carrots, recipes for cooking, 208-209
 Cassoulet, vegetable, 175
 Cauliflower, recipes for cooking, 211-212
 Celery, 210
 Cèpes, 45, 154, 155
 Cereals, 43, 64, 157-160
 Chanterelles, 45
 recipes for cooking, 155
 Character and diet, 25-26
 Cheese balls, 140
 diastatic properties of, 141
 omelette, 120
 puddings made with, 141-142
 soufflé, 136
 tart, 140
 Cheeses, cream, 140
 fermented, 42
 white, 42, 140
 Cherries in batter, 221
 Cherry pudding, 132
 Chervil, turnip-rooted, 211
 Chestnuts, 44
 recipes for cooking, 179-180
 Chicory, 197
 white (witloof), recipes for cooking, 198
 Chocolate, 46, 234
 as a drink, 234
 Cider, 48
 Climate, influences of, on diet, 87
 Coffee, 48, 233, 251
 Arabian, 251
 substitutes for, 251
 Condiments, 229-234
 animal, 234
 aromatic vegetable, 231-232
 to be avoided, 231
 culinary flavouring, 230-231
 mild, 47-48
 stimulant, 233
 Constipation, treatment of, 81, 97-98
 Cookery, harmful, 99-102, 103, 104
 importance of good, 26-27
 necessity for knowledge of, 99
 wholesome, 102, 103
 simplified, 102
 Cooking, various ways of, 102-105
 Courgettes, recipes for cooking, 191
 Cream, 43, 139
 Croquettes, lentil, 177
 macaroni and Gruyère, 162
 nouilles and olives or mushrooms, 162
 potato, 123
 wheat flour or oats, 159
 Cucumbers, 191
 Custards, baked, chocolate, 125
 caramel, 125
 coffee, 125
 with orange-flower water, 125
 vanilla, 124-125

Custards, boiled, chocolate, 125
 vanilla, 125
 pastry, 126
 chocolate, 126

DANDELION leaves, 197

Decoctions, 230, 249

Diet, according to age and sex, 77-83

changes made in, 69-71
 and character, 25-26
 for children, 77-82
 effects of unsuitable, 24-25
 fruitarian, 66
 and health, 24-27
 in illness, 87-98
 meat, 63
 non-synthetic, 56-59
 for nursing mothers, 83-84
 for old people, 82
 risks in children's, 80-82
 salt-free, 47
 of super-alimentation, 67-68
 synthetic, 49-62
 and temperament, 84
 of uncooked foods, 67
 vegetable, 66
 vegetarian, 63-66
 for women, 82-83

Dinner menus, 259-290

Drinks, 59, 249-252

alcoholic, 231
 hot, 48

Dustbin, care of, 108

Dyspepsia, 34-35, 59, 225, 227, 259

ECZEMA, obstinate, 97

Egg-plants, 190

Eggs, 40-41, 59, 106
 boiled, 116-117
 with brown butter, 116
en cocotte, 119
 for dyspeptics, 119
 fried, 119
 hard-boiled, 117-118
à la Béchamel, 118
au gratin, 118
à la poulette, 118
à la d'Orsay, 119
à la Périgieux, 116
sur le plat, 116
à la Savoyarde, 116
 poached, 119
 scrambled, 117

Eggs, served as cutlets, 118

à la tripe, 118

vol-au-vent of, 118

Emaciation, cure for, 95-96

Endive, 197

Enteritis, chronic, treatment for, 90-91

FATS, animal, 231

unwholesome, 38-39

use of, 103

vegetable, 232

Ferment action, 47

Fermented foods, 46-47, 50

drinks, 47, 48

Flageolets, 173-174, 203

Flowers in cookery, 64-65

Food, how to buy, 105-106

children's, 151-152

classification of, 74-77

infants', 77-80, 150

unmixed diet of cooked, 39

Foods, acid, 12

acidifying, 94

fermented, 46-47, 50

heating, 50

irritant, 81, 90

malted, 151

manufactured, 32-33

containing mineral salts, 50, 60, 104

nitrogenous, 50, 56-57, 60, 61, 105

of high caloric value, 74, 75

of low caloric value, 75, 76-77

of moderate caloric value, 75-76

over-concentrated, 103-104

over-rich, 33

repairing, 50

savoury, 50

starch-containing, 64

stimulating, 50-51, 61, 116

sugar-containing, 65

sweet, 62, 65

uncooked, 51, 223-226, 277

vitalized, 50, 51

vitalizing, 223, 224

vitamin-containing, 53, 60, 61

French beans, 202-203

with cream, 202

and flageolets, 203

with *maitre d'hôtel* butter,

with *poulette* sauce, 203

to preserve, 203

à la Provençale, 203

purée of, 203

French beans, *ragôût* of, 203
 salad, 203
 sautéed in butter, 202
 sautéed with onions, 202
 with sautéed potatoes, 202
à la Tourangelles, 203
 with white sauce, 203

Fruit, *compôtes* of, 90, 215, 216
 juice, 215-216
 meringued, 216
 quality of, 106
 stewed, 216

Fruits, 45, 215, 235
 acid, 36, 37, 65, 90, 106, 231, 277
 dried, 46, 90
 forced, 39
 oleaginous, 45-46, 212-215
 sweet, 45, 65
 watery, 215

Frying, 64, 103, 230

Fuel, economy in, 107

Fungi, edible, 154, 155

Furunculosis, treatment of, 96-97

GALANTINE, vegetable, 101, 178

Galettes—see Cakes

Gelatine, 124

Gnocchi, made with flour, 130
 made with potatoes, 131
 made with semolina, 131

Good King Henry, 197

Gout, 35

Grape-juice, 252

Green peas, 253
 recipes for cooking, 176-177

Green vegetables, 195-212

Greens, recipes for cooking, 200

Grill, to, 230

HARICOT beans, baked, 175
 with Béchamel sauce, 174
 with black butter, 174
à la Bourguignonne, 175
 with cream, 174
 dried, 173-174
 with French beans, 174
à la maître d'hôtel, 174
 with *matelote* sauce, 174
 and *nouilles au gratin*, 174
à la Poitevine, 176
purée of, with French beans, 174
 with potatoes, 174

Health, conditions of, 23
 and diet, 28
 programme of, 23-24

Herb teas, 249-251

Herbs, 231-232
 dried, 232

Honey, 46
 boiled, 242-243
See also Cakes, Jams, and Puddings

Hops, 198

Hors d'œuvre, unwholesome, 223
 vitalizing, 223-226

Horse-radish, 226

Hygiene, dietetic, 27
 English alimentary, 10

ILLNESS, causes of, 23-24
 diet in, 87-98

Infants' foods, 77-80, 150

Infusions, 230, 249-250

Italian pastes, 160-163

JAMS, bought, 235
 made with honey, 239-242
 apricot, 241
 bilberry, 240-241
 carrot, 242
 chestnut, 242
 fig, 241
 gooseberry, 242
 grape, 241-242
 mirabelle, 240
 nectarine, 241
 peach, 241
 pear, 241
 plum, 240
 prune, 241
 pumpkin, 242
 made with sugar, 235-238
 apricot, 238
 chestnut, 238
 'Hubbard' squash, 238
 peach, 238
 pear, 238
 and grape, 238
 plum, 237
 strawberry, 238

Jelly, grape, 238

KITCHEN organization, 108-109
 utensils, 108

Kohlrabi, 211

Lactarius deliciosus, 154

Leeks, recipes for cooking, 209-210

Left-over foods, 246-249

Leguminous vegetables, 173-178

Lemon-juice, 81, 216, 226

Lemonade, 252

Lentils, recipes for cooking, 177-178

- Lepiota naucina*, 155
 Lettuces, recipes for cooking, 197
 Linseed tea, 252
 Lunch menus, 259-290
- MACARONI, 162, 163
 Macedoine of vegetables, 204
 Maceration, 249
 Malt, flour of, 47, 151
 Margarine, 64, 231
 Maté, 233
 Meals, composition of, 59-62. *See also* Menus
 Meat, extracts of, 231
 tinned, 32
 Mentality, effect of diet on, 25-26
 Menus for adults, 258-276
 for children, 277-284
 for high altitudes, 287-289
 for hot countries, 289-290
 non-synthetic, 54, 56-59
 seasonal, 258-276
 simplified, 284-287
 synthetic, 59-62
 Meringues, 126
 Milk, 48, 82, 100
 condensed, 60, 138
 curdled, 138-139
 as a drink, 34, 59-60
 products, 41-43
 sour, 138-139
 sterilized, 75
 sweet condensed, 138
 Mineral salts, 60, 61, 93-94, 147
 Morels, 45, 154
 Mushrooms, 153-157
 à la Bordelaise, 155
 with cabbage, 156
 croquettes of, 162
 on *croûtons*, 156
 with *matelote* sauce, 156
 with *poulette* sauce, 156
 with *purée* of potatoes *au gratin*, 156
 in *ragoût* of vegetables, 186
 with rice, 167
 in a *salmi*, 206
 sautéd, 154
 in a *vol-au-vent*, 156
- NERVOUS cases, 71-72, 259
 Nettles, 198
 Nitrogenous foods, 60, 61, 100
Nouilles with apples, 163
 batter for, 129
 with butter, 161
 Nouilles and cheese *au gratin*, 163
 with cream, 161
 à la Crécy, 162
 croquettes, 162
 diastased, 162
 à l'Égyptienne, 162
 galantine of, 163
 au gratin, 161
 in the Italian way, 161
 with milk, 161
 in the Neapolitan way, 161
 Neapolitan *soufflé* of, 162
 with nutmeg, 161
 omelette of, 121
 cooked in onion-flavoured water, 161
 salad of, 163
 sautéd, 161
 soufflé of, 162
 Nude, cult of, 28 n.
 Nuts, 45-46, 65, 213
- OBESITY, treatment of, 95
 Occupation and diet, 72-73
 Oils, 46, 105
 olive, 46, 232
 walnut, 232
 white or ground-nut, 46, 232
 Oleaginous fruits—*see* Nuts
 Olives, 232
 Omelettes, 120-123
 with artichoke-bottoms, 121
 with asparagus-tips, 120
 with breadcrumbs, 121
 à la Bruxelloise, 121
 with carrots, 121
 à la Chartres, 120
 cheese, 120
 with chives, 120
 Choisy, 121
 Clamart, 121
 Crécy, 121
 farinaceous, 123
 à la Florentine, 121
 with fried bread, 121
 grand'mère, 122
 jam, 122
 Lyonnaise, 120
 with macaroni, 121
 mousseline, 122
 with mushrooms, 120
 with nasturtium flowers, 122
 with potatoes, 120
 rolled, 123
 Savoy, 122
 sweet *soufflé*, 122

Omelettes, Swiss, 122
with vegetable marrow flowers,
122

Onions, 232

Orange juice, 81, 216

Orangeade, 252

PANCAKES—see Batters

Patience dock, 198

Peaches *à la Bourdaloue*, 216-217

Pears *à la Bourdaloue*, 216-217

Peas, edible-podded, 204
green, recipes for cooking, 176-
177

Pepper, 231

Physiological resistance, 73-74

Polenta, 158-159

Potato cake, 182-183
croquettes, 123-124
and dandelion salad, 190
fritters, 187

gnocchi, 131

omelette, 120

pancakes, 187

quenelles, 188

salad, 189-190

soufflé, 136

Potatoes, with asparagus-tips, 189
baked in their skins, 182

baked or browned, 181

à la Barigoule, 189

with black olives *au gratin*, 188

boiled in their skins, 182

boiled, plain, 182

à la bonne femme, 185

à la Brévannaise, 142

browned, 181

with cabbage, 189

with carrots and leeks, 189

château, 184

à la Créole, 185

croquettes of, 187, 188

à la Dauphinoise, 187

diastased, 142

Duchesse, 187

fried, 186

Limousine, 185

à la Lyonnaise, 184

with macaroni, 189

with milk, 183

Mirette, 188

with mushrooms, 156

à la Normandie, 184

à la Parisienne, 184

in pastry, 187-188

à la Polonaise, 184

Potatoes *à la Provençale*, 184
purée of, with cheese *au gratin*,
182

with eggs *au gratin*, 187

with haricot beans, 174

with lentils, 177

with milk, 181

with peas, 177

with yolk of egg, 181

ragoût of, 186

à la Richelieu, 185

with sauces, 182

with sauerkraut, 189

*sauté*d, 184

*soufflé*d, 186

with spinach, 189

steamed, 181

à la Viennoise, 184-185

à la Voisin, 183

Primeurs, 39, 105

Prune tart, 222

Prunes, 46

cure for constipation, 98

to extract sugar from, 222

purée of, 222

stewed, 222

Puddings:

batter, with fruit, 220-221

batters—see Batters

bread, 132

and apple, 132-133

and cherry, 132

meringued, 172

Britannia, 172-173

Charlotte Russe, 219

chocolate, 131, 141

creams, 124

crème renversée, 125

custards—see Custards

diastased chocolate, 141

rice, 141, 165

éclairs, 128

floating island, 126

frangipane cream, 126

fritter batter, 127

fritters *à la bourgeoise*, 128

*soufflé*d, 101, 127, 245

fruit *croultes*, 217

golden bread, 171

flan, 172

with fruit, 171

hasty made, 135

Indian corn meal, 133

meringued bread, 172

meringues, 126

oatmeal, 132

Puddings—continued

- pain perdu*, 171
- pastry, 127
- plum, 132, 245
- rice Charlotte, 167
 - à la Condé*, 168–169
 - with cream, 166
 - diastased, 141, 165
 - à la Flamande*, 165
 - with 'Hubbard' squash, 167
- puddings, 132, 167, 168
 - with apricots, 168
 - with chocolate, 167
 - with currants, 167
 - with pears, 168
 - with prunes, 168
 - with raisins, 168
 - with stewed apples, 168
- soufflé*, 136
- à la Suisse*, 165
 - with sweetened milk, 166
- semolina, 132, 133, 142
- sour milk tart, 139
- squash fritters, 193
 - Indian corn flour and, 193
 - tart with almonds, 194
- tarts—*see* Tarts
- vermicelli, 131–132
- waffles, 130
 - with honey, 244

QUAKER OATS *à la Brévannaise*, 142*Quenelles*, vegetarian, 157*Quiché*, 135**RADISHES, 210***Ragoût* of artichoke-bottoms, 206

- of chestnuts, 180
- of green peas, 177
- of potatoes, 186
- of squash, 192
- of vegetable marrow, 192

Raisins and currants, 220

Resistance, physiological, 73–74

Rhubarb, 210

Rice, 163–169

- with Béchamel sauce, 166
- with black butter, 166
- à la Brévannaise*, 141–142
- with Brussels sprouts, 167
- with carrots, 166–167
- with cauliflower, 167
- à la Chinoise*, 164
- with cream, 166
- Creole, 164
- croquettes, 168

Rice, diastased, 165

à l'Égyptienne, 164*à la Flamande*, 165*au gratin*, 166

with 'Hubbard' squash, 167

à la Japonaise, 164

with leeks, 167

à la Milanaise, 165

with mushrooms, 167

pilaf of, 164

plain-boiled, 163

with *poulette* sauce, 166*à la Roumaine*, 164

in soups, 168

à la Suisse, 165sweet dishes made with—*see under*

Puddings

à la Tartare, 165

with tomato sauce, 166

à la Turque, 164

Rice water, 252

Risotto, 165

Rolls, 171

Roots, vegetable, 64–65, 208–212

SACCHAROMETER, 237, 239, 240

Salad dressings, 227–228

Salads, 226–229

blanched, 226

choice of, 226

cooked, 197–198

with fruit, 228

green, 227

as *hors d'œuvre*, 226

macerated, 228

mixed, 227

nouilles, 163

potato, 189–190

and dandelion leaves, 190

uncooked, 226–228

undressed, 227

unwholesome, 226–227

of wild plants, 228–229

Salsify, 212

leaves, 197

Salt, 47, 233

Sauces, 111–116, 234

Béarnaise, 115

Béchamel, 112

black butter, 114

Bordelaise, 115

bread, 113

brown, 114

browned onion, 113

caper, 114

cream, 112–113

Sauces, digestibility of, 111

fruit, 114

Hollandaise, 114

maître d'hôtel, 112*matelote*, 115

mayonnaise, 113

without eggs, 113

melted butter, 113

mild, 112-114

mousseline, 112

mustard, 116

nasturtium seed, 114

poulette, 114

richer, 114-116

stock for, 113

Tartare, 114

tomato, 114

vinaigrette, 115

white, 112

with carrots or mushrooms, 114

how to thicken with yolk of egg,

112

Sauerkraut, recipes for cooking, 201-

202

'Sauter,' to, 231

Scales, use of, 111

Scarlet runners—*see* French beans

Scorzonera leaves, 197

Seasons, influences of, on foods, 86-

87, 104, 258

Simmer, to, 230

Solutions, 249

Sorrel, 198

Soufflés, artichoke, 207

bread, 136

carrot, 209

cheese, 136

chocolate, made with flour or with

maize, 136

Neapolitan, 162-163

nouilles, 162

potato, 136

rice, 136

semolina, 136

spinach, 196

squash, 194

vermicelli, 136

and cheese, 136

wheat, oat, and barley, 135

Soups, 142-150, 158

asparagus, 146

bran, 153

bread, 152

à la Provençale, 152-153

browned flour, 153

cabbage, 145

Soups, carrot and pea, 146

chervil, 147

chocolate, 153

Crécy, 145

dandelion, 147

endive, 147

farmer's 145

Faubonne, 144-145

French bean, 146

green, 144

green pea, 146

made with ground grain, 158

Italian bread, 153

with Italian pastes, 149

Italian rice, 150

julienne, 144

Lamballe, 146

leek and potato, 144

lentil, 148-149

lettuce, 146

Nevers, 145

oatmeal, and chervil, 152

and vegetable, 152

onion, 148

Parmentière, 145

parsley, 147

peapod, 146

Polignac, 150

pot-au-feu, 143-144

prune, 153

pumpkin, 149

rice, 149-150

and cabbage and cheese, 150

and carrot, 150

and lentil, 150

St Julien, 149

santé, 145

spinach, 147

spring, 144

tarragon, 147

toast, 152

Valaisan, 145-146

velouté, 148

vermicelli, 149

Spices, 231

Spinach, recipes for cooking, 195-

197

Squash, *à la Brévannaise*, 193

with carrots, 193

with chestnuts, 192

fritters, 193

au gratin, 192

with Gruyère, 192-193

and Indian corn flour pudding,

193

in pastry 194

- Squash, with potatoes, 192
and cauliflower, 193
purée of, 192
ragoût of, 192
with rice, 193
à la Richelieu, 193
sautéd, 192
with spinach, 193
sweet floury, 192
- Starch-containing foods, 64
- Stimulating foods, 50, 61, 110
- Stock, vegetable, 33-34, 143, 147-148
- Sugar, 46, 110-111, 233-234
beet, 46
cane, 46, 236
caramel, 234
foods containing, 65
restricted use of, 110-111
- Super-alimentation, 67-68
- Swiss chard, 208
- Synthesis, nutritive, 62
- Synthetic diet, 49-62
menus, 59-62
- TAPIOCA, 44
- Tart, apple, 218
banana, 217-218
cheese, 140
curdled milk, 139
fruit, 218
plum, 221-222
prune, 222
rice, 167
sour milk, 139
squash, 194
- Tea, 48, 233
herb, 249-252
linseed, 252
with orange-flowers, 251
substitute for, 251
vegetable, 252
- Temperament and diet, 84
- Tetragon, 197
- Tomatoes, 37, 190, 191, 226
- Travelling, meals when, 287
- Tuberculosis, 31
diet for cases of, 94-95
- Turnips, 212
- VEGETABLE cookery, 102, 103, 104-105
diet, 66
fruits, 190-194
galantine, 101, 178
marrows, 191-194
au gratin, 192
cooked with Gruyère, 192-193]
purée of, 192
à la Richelieu, 193
sautéd, 192
with spinach, 193
- tea, 252
- Vegetables, acid, 36, 37
cooking of, 102, 103, 104-105
forced, 39, 105
green and root, 44, 64, 105, 195-212, 253-258
leguminous, 33, 44, 173-178
macedoine of, 204
monthly lists of, 253-258
preparation of, 107
starchy, 44
stocks made of, 33-34, 143, 147, 277
uncooked, 51, 106, 223-226, 277
white, 37-38, 105-106, 211-212
- Vegetarian diet, 63-66
vol-au-vent, 156
- Vermicelli, 163
- Vinegar, home-made, 37, 233
- Vitamins, 51-53, 106, 215, 226
- WARMED-UP food, 246-249
- Waste, avoidance of, 106-107
- Water as a drink, 48
vegetable, 147-148
- Wheat, cooked, 158
as an *hors d'œuvre*, 106
uncooked, 106, 277
- White vegetables, 37-38, 105-106, 211
- Wine, 48, 231, 249
burnt, 233
- Witloof, 198
- YAHOURT, 42
- Years and seasons, effect of, on food, 84-86

